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A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!



NUTRACLEANSE

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

NutraCleanse is sold in 1kg bags at health food stores, produce/deli markets, and bodybuilding supplement stores. A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you!

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOOL

1. A half hour before each meal, drink a glass of water (1/2 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of NutraCleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and with it/like other exercise daily.



NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year old Finnish recipe and is designed to promote daily regularity and optimum colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause autoimmune disorders as well as problems such as obesity, gas, bloating, diverticulitis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of 25-30 grams (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately 60 percent of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie (see recipe). NutraCleanse is also high in protein and Omega-3 fatty acids which are essential for optimum health. Flax is the highest in Omega-3 of any food. NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication for the colon.

RECIPE #1 On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (NutraCleanse will naturally thicken after 1 minute.)

For more delicious NutraCleanse recipes visit our website at www.nutra cleanse.biz

NutraCleanse		INGREDIENTS	
Organic Flax Seed	100g	Organic Psyllium Husk	100g
Organic Psyllium Husk	100g	Organic Aloe Vera	100g
Organic Aloe Vera	100g	Organic Stevia	100g
Organic Stevia	100g	Organic Lemon Juice	100g
Organic Lemon Juice	100g	Organic Vanilla Extract	100g

NutraCleanse...
The Optimum Solution.

NUTRACLEANSE

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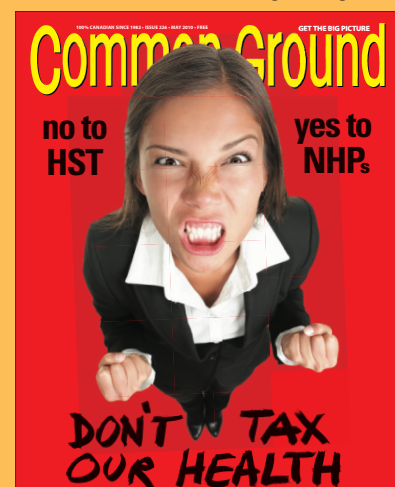
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Democracy then and now

THE THROBBING HEART OF DEMOCRACY BEATS LOUDLY *Stephen Maher, Ottawa, April 28*

In March 1641, the British House of Commons passed the Bishops Exclusion Bill, a measure to remove 12 bishops from the House of Lords, something King Charles I opposed.

The conflict, which nobody cares about anymore, led the king to burst into the House with armed men, seeking to arrest five members of the House for treason.

He ejected the Speaker, William Lenthall, from his throne, sat in it himself and demanded to know the whereabouts of his opponents.

On his knees in front of the king and his soldiers, Lenthall refused to say. "May it please Your Majesty, I have neither eyes to see nor tongue to speak in this place but as the House is pleased to direct me," he said.

This set off the English Civil War, between parliamentarians and royalists, a bloody nine-year struggle that led to Charles I being separated from his head.

His son, Charles II, took the throne but the struggle went on under other kings, with much beheading, and drawing and quartering, and so on, until James II lost the decisive battle.

Parliament deposed him and brought in William III, who in 1689 signed the English Bill of Rights, establishing that the king could not act — raise taxes or armies — except with the consent of Parliament.

By tradition, in Canada, when a Speaker is elected and first takes his throne, the prime minister and the opposition leader drag him to the throne while he pretends to struggle, a reminder that kings used to behead Speakers.

On Tuesday, Speaker Peter Milliken, like Lenthall before him, asserted the power of Parliament in the face of the power of the Crown, embodied by Prime Minister Stephen Harper.

Milliken ruled that the House, having voted, has the right to demand that MPs be allowed to look at secret documents relating to the treatment of Afghan detainees, although Harper and his ministers have refused to show them.

It is an assertion of the ancient privileges of Parliament, won at the cost of many heads. "In a system of responsible government, the fundamental right of the House of Commons to hold the government to account for its actions is an indisputable privilege, and in fact an obligation," Milliken said.

"Embedded in our Constitution, parliamentary law and even our standing orders, it is the source of our parliamentary system from which other processes and principles necessarily flow."

The particulars of this showdown do not matter as much as the principle that was reasserted against the efforts of the Crown.

Opposition MPs had asked the government to compromise, to establish a security system so they could look at the information.

The government refused, citing national security, and hired retired Supreme Court judge Frank Iacobucci to decide which documents to release.

Milliken said, though, that this reasonable-sounding measure is flawed, because Iacobucci's master would be the government, not Parliament.

So Milliken gave the government and opposition two weeks to set up a system — reading rooms, solemn oaths and security clearances, just as happens in, for example, U.S. Senate committees.

If Harper wants to play nice, he will make a deal, perhaps revealing secrets in the documents that damage his government.

If he wants to play tough, he can refuse and take the country to an election, campaigning against risking the lives of soldiers.

For all it matters in the great scheme of things, he could campaign against the Bishops Exclusion Bill.

On Tuesday, Milliken reaffirmed the supremacy of Parliament, and that means the throbbing heart of democracy — the people's house — is safe, and everybody gets to keep their head.

Reprinted courtesy The Chronicle Herald, Halifax, N.S. www.thechronicleherald.ca

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Little things, like hanging laundry up to dry instead of using the dryer. It's something simple that Steph and Matt both started doing at home. And something powerful that everyone can do to create big change.

How big? If all British Columbians hung up their laundry just half of the time, we would save enough energy to power every home in the city of Coquitlam. One step and one t-shirt at a time.

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Research and your health



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Translating the evidence

The studies cited here have been excerpted from the inaugural issue of *Research and Your Health*, a new quarterly publication of the CHFA, which contains selected abstracts that focus on the value of natural products and health foods for both the prevention and treatment of cancer. The Canadian Health Food Association (www.chfa.ca) and InspireHealth (www.inspirehealth.ca) have partnered

to create this educational resource. Translating the large and growing body of evidence in support of integrative care into a language and format that is readily understood by the average person – in simple, clear language with clear simple conclusions for action/self-care based on this evidence – is essential in engaging the public in their own health and healing and integrative approaches to care.

Herbal & specialty supplements

Some can reduce the risks of developing lung and colorectal cancer

MILLIONS of North Americans use dietary supplements with little knowledge about their benefits or risks. Therefore, the authors of this study examined associations of various herbal and specialty supplements with lung and colorectal cancer risk.

Men and women, 50 to 76 years, in the “Vitamins and Lifestyle” cohort completed a 24-page baseline questionnaire that captured duration (years) and frequency (days per week) of use of commonly used herbal/specialty supplements. Supplement exposure was categorized as “no use” or “any use” over the previous 10 years. The number of lung (665 individuals) and colorectal cancers (428 individuals) were obtained from the American Surveillance, Epidemiology, and End Results (SEER) cancer registry.

Any use of glucosamine and chondroitin, which have anti-inflammatory properties, over the previous 10 years, was associated with significantly lower lung cancer risk (26% and 28% risk reduction)

and colorectal cancer risk (27% and 35% risk reduction). Other supplements that reduced the risk of colorectal cancer included fish oil (35% risk reduction), methylsulfonylmethane (54% risk reduction) and St. John’s wort (65% risk reduction). In contrast, garlic pills were associated with a statistically significant 35% elevated colorectal cancer risk.

These results suggest that some herbal/specialty supplements may be associated with reducing the risk of developing lung and colorectal cancer. Additional studies examining the effects of herbal/specialty supplements on risk for cancer and other diseases are needed.

Some herbal and specialty supplements can reduce the risks of developing lung and colorectal cancer

Satia JA, Littman A, Slatore CG, Galanko JA, White E. *Cancer Epidemiol Biomarkers Prev.* 2009 May;18(5): 1419-28. Email: jsatia@unc.edu. supplements with lung and colorectal cancer risk.



One or more cups of green tea per day may help prevent ovarian cancer

THE LINK between caffeinated drinks like coffee and tea and risk of ovarian cancer is still unknown. This study included 781 women who were diagnosed with epithelial ovarian cancer between 2002 and 2005 and 1,263 similar women without cancer (control group) from Washington State, USA. Each participant completed questionnaires that measured how much caffeinated and non-caffeinated coffee, tea and cola they consumed. Each participant was also interviewed about reproductive and hormonal exposures. The researchers analyzed the data to look at ovarian cancer risk and consumption of coffee, tea, cola and total caffeine intake.

The results showed no association between ovarian cancer risk and caffein-

ated coffee, decaffeinated coffee, black tea, decaffeinated tea, herbal tea or total caffeine. However, women who reported drinking at least one cup of green tea per day had a 54 percent lower risk of ovarian cancer. This association between high levels of green tea consumption and a lower risk of developing cancer applied to early and advanced ovarian cancer. Green tea is a common beverage in countries with low ovarian cancer rates. Studies to assess its potential to prevent cancer should be expanded.

Song, YJ, A. R. Kristal, K. G. Wicklund, K. L. Cushing-Haugen and M. A. Rossing. *Cancer Epidemiology, Biomarkers & Prevention.* 2008 Mar; 173: 712-716.

Vitamin D and calcium reduce cancer risk

IN THE PAST, numerous observational studies* have found that taking vitamin D and calcium supplements reduces the risk of many common cancers. This study was designed as a randomized clinical trial, which is considered the gold standard of clinical studies. The purpose of this study was to determine the efficacy of calcium alone

min D per day, or placebo (sham medication; e.g. sugar pills).

The results showed that cancer incidence was lower in calcium + vitamin D supplemented women than in the placebo control subjects. Cancer risk was reduced by 47 percent in the calcium-only group and by 60 percent in the calcium + vitamin D group.

Cancer risk was reduced by 47 percent in the calcium-only group and by 60 percent in the calcium + vitamin D group.

and calcium plus vitamin D supplementation in reducing cancer risk of all types. This was a four-year, population-based, double-blind, randomized placebo-controlled trial (i.e. gold-standard clinical study).

The primary outcome was bone fracture incidence and the secondary outcome was cancer incidence; 1179 women were randomly selected from the population of healthy, postmenopausal women aged >55 years in rural Nebraska, USA. Subjects were randomly assigned to receive 1400-1500 mg supplemental calcium per day alone, supplemental calcium plus 1100 IU vita-

min D per day, or placebo (sham medication; e.g. sugar pills). When the analysis was confined to cancers diagnosed after the first 12 months of supplementation, the cancer risk was reduced by 77 percent in the calcium + vitamin D group. Improving calcium and vitamin D nutritional status substantially reduces all-cancer risk in postmenopausal women.

**Observational study: Study where the assignment of subjects into a treated group versus a control group is outside the control of the investigator.*

Lappe JM, Travers-Gustafson D, Davies KM, Recker RR, Heaney RP. *Am J Clin Nutr.* 2007 Jun; 85(6):1586-91.



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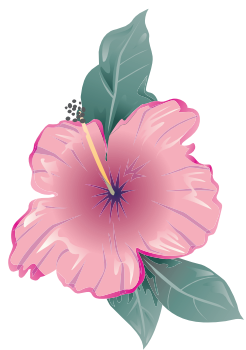
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The healing properties of plants

During Herb Week May 1-7, local herbalists may be seen at malls, health food stores, libraries and other public areas in your neighborhood.

BRITISH COLUMBIA is fast becoming Canada's capital in complimentary and alternative medicine. The face of modern healthcare is changing and the Canadian Herbalist's Association of BC (CHA of BC, www.chaofbc.ca) is at the forefront in promoting safe and effective healthcare. Since the association was founded in 1973, it has been quietly tending the needs of professional herbal therapists in BC.

To qualify for therapist status, the CHA of BC has established minimum educational standards in all the health sciences, the herbal pharmacopoeia and supervised clinical practicum. Registered herbal therapists abide by the Code of Ethical Conduct and have achieved core competencies that support the primary principle of practice: "First Do No Harm." In addition to the professional membership, CHA of BC has different categories of membership for herb growers, manufacturers and other interested support parties. For more details, please visit the CHA of BC website.

In recent years, herbal therapy has seen a surge; consequently, our activities for creating public awareness have also increased. As part of that drive, the CHA of BC have designated the first week of every May "Herb Week."

Herbalism, also known as phytotherapy, is the use of plants to treat common ailments and promote wellness. It is the oldest form of medicinal healing known to man. Although it is classified as an alternative therapy, it is the most widely practiced form of medicine used worldwide, with over 80 percent of the world's population relying on herbs for health. Currently, over 50 percent of all new pharmaceutical prescriptions contain at least one ingredient either produced directly from plants or discovered from plant sources and later synthesized. Modern medicine draws its origins from early herbal therapies. Until the advent of synthetic medicine within the past 50 to 100 years, all medical doctors prescribed herbs routinely.

In the Western World, and especially here in Canada, the use of herbs and nat-

ural products has seen an unprecedented increase, with sales of herbal products soaring and enrolment at herbal colleges growing steadily.

Herbal medicine uses plants that do not have the aggressive and invasive action of modern drugs, but instead support the body's own natural tendency to heal itself. Herbal products are derived from roots, stems, flowers or leaves of plants and are frequently sold in liquid extracts, capsules, tablets or teas. Herbalists prefer to use remedies extracted from a part of the whole plant, with all its bio-chemical constituents, rather than individual standardized extracts. It is believed that the active constituents are naturally balanced within the plant and consequently aid in working on the body, mind and spirit in a less invasive manner.

From a holistic standpoint, a person is not a patient with a disease syndrome, but a whole being. This wholeness necessitates that the therapist appreciates the mental, emotional, spiritual, social and environmental aspects of their patients' lives, as well as the physical.

From May 1 to 7, local herbalists may be active at malls, health food stores, libraries and other public areas in your neighborhood. Information and events will also be featured in various media platforms. Please visit CHA of BC website for information on events in your area.

Come out and meet some professional herbal therapists. Learn how herbal medicine may enhance your health, how to integrate herbal medicine into your life preventatively, how herbal medicine may help address many health concerns and the differences between a naturopath and a registered herbal therapist. During this week, we want to provide the opportunity for you to learn about herbal therapy, as a valuable option for healing. And if your health has improved as a result of an herbal therapist, we would love to hear your story.

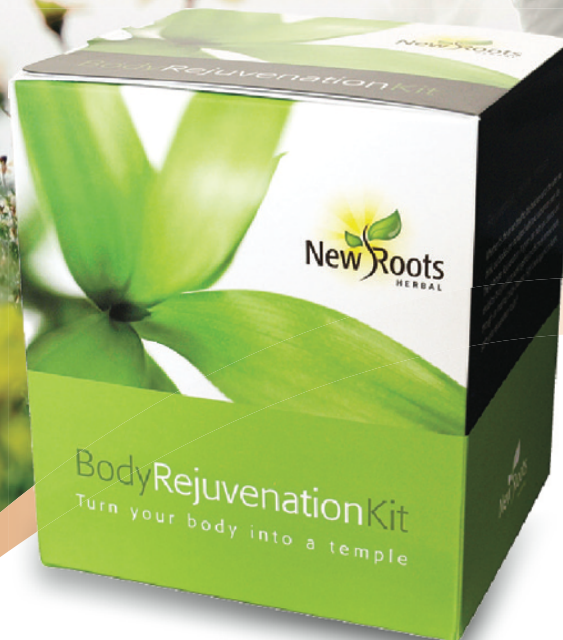
Our aim is to demonstrate, in practical terms, what we, as herbal therapists, do. Each therapist has his or her own holistic approach to therapy. However, the common thread is how they address the underlying cause of conditions. Therapy may involve tailor-made herbal remedies, nutrition, natural supplements, advice on lifestyle habits and other modalities, if necessary, all of which are periodically reviewed and reassessed. The aim is to keep the mind and the body in a healthy balance for the long term.

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BC's new love affair with biotech

DRUG BUST Alan Cassels

ACCORDING TO our new, cringe-worthy slogan, BC is the “Best Place on Earth.” No doubt we’re very lucky and BC has many advantages and, yes, it is richly endowed with incredible, natural beauty. One blogger, however, has called our “Best Place on Earth” slogan the “worst slogan on the planet.” Amen to that.

While we’re on the topics of slogans, did you know the BC government has also been touting British Columbia as “Canada’s premier destination for life science, investment, talent and enterprise?” Not only that, but apparently we offer one of the “most progressive and cost effective R&D environments in North America with specific tax advantages for the life science companies.”

That’s right, according to a provincial government ad in *LifeSciences British Columbia* magazine – the official trade publication for BC’s pharmaceutical and biotech companies – “more and more, BC is becoming recognized as the place for biotech businesses.”

So as we suffer the wincing embarrassment of our official government bragging about being the ‘bestest,’ we also, unfortunately, must contend with the crowing about BC being *the* place for breeding top-notch bio-engineering.

BC’s current fleet of elected officials are obviously keen to catch the glow off BC’s Biotech darlings, as evidenced in *LifeSciences*. If you haven’t read it, let me fill you in. Its glossy pages are replete with stories of BC’s groundbreaking scientific discoveries, sprinkled with smiling ‘grip n’ grin’ photos of various BC politicians and university officials snuggling up to pharmaceutical company CEOs in a manner that’s even more cringe-inducing than our provincial slogan.

One photo features the premier himself, addressing a gala awards night for BC’s biotech industry, themed “Nurturing Life’s Ecosystem.” With not a little hubris, there he is, telling assembled international and local dignitaries about his government’s wonderful tax structures and incentives and how committed BC is to luring the “best and the brightest.” Essentially, he’s offering up the “Best Place on Earth,” as a rich and fertile ground to plant, and grow, pharmaceutical discoveries.

Surely the marriage of politics and pharma research is a wonderful thing,

no? Like pharmaceuticals, policies have benefits, but they also have potential harms. Technology almost always bites back; so too do public policies where sacrifices are made to pursue new objectives. As BC embraces pharmaceutical development, with truckloads of our money, we might not be too impertinent in asking “what’s in it for us?”

Idiot fool! Don’t you know we’re “growing the knowledge economy” with medical research that attracts high-paying jobs, celebrity researchers and world-class research institutes? The hunger for biotech in BC is understandable, given the experience of QLT Inc., a Vancouver biotech company that earned an early reputation (a decade ago) as a leader in photodynamic therapy, which is used to treat diseases such as macular degeneration. Like ‘Big Gambling,’ the perceived windfall associated with the success of QLT got our governments and universities swooning over the promise of barrels of biotech money. Yet when you look more closely, you see that QLT is what we researchers call an “outlier.” In other words, it’s very different from the norm.

Back in 2001, QLT’s former president Julia Levy said, “Of the 490 publicly traded biotech companies, only 14 of them are profitable.” QLT happened to be one of them. So, you might ask, what is the lust for homegrown biotech going to cost us, what will it deliver, and at the end of the day, how exactly will BC and Canadian taxpayers benefit from our government’s courtship with biotechnology?

The official numbers put out by official sources – and they’re probably inflated – show that over \$2 billion has been invested in public sector research, infrastructure and institutions in BC over the last decade. But where have those investments gone?

The laundry list includes BC’s new Centre for Drug Research and Development (CDRD), which, at only two-years-old, has bagged about \$70 million in funding from the federal government, industry and academia. Then there’s the BC Capital Renaissance Fund, a \$90 million fund designed to “ earmark money for biotech and high tech investments for BC.” And last year, Western Economic Diversification Canada anted up \$50 million (half from the feds, half from the province) to “support job cre-

ation, knowledge based business and technological innovation.” And lastly, let’s not forget the perennial money hole known as Genome BC, which is busily leveraging tax dollars, allegedly attracting about \$300 million in research money to BC since 2005.

A lot of this research involves industry “partners” and there have been oodles of new announcements of big pharma’s investments in BC, including Astra’s \$1.5 million to study obesity and “pre-diabetic metabolic syndrome,” Merck’s \$1 million gift to SFU and Pfizer’s \$1 million gift to the Centre for Drug Research and Development.

That’s where the money is coming from, but where is it going? Lots of it goes to universities, especially medical schools. Fifty-three percent, or \$247 mil-

“reduce market access for the products of our companies and our commercialization partners” and “unreasonably restrict market access of the biotechnology products that are developed within our sector.”

It specifically paints a target on two of BC’s most treasured assets in terms of managing appropriate and cost-effective drug therapy in noting that UBC’s Therapeutics Initiative and BC’s Reference-Based Pricing involve long-term costs and benefits that “give little, if any, attention to the importance of economic development.”

Call me naïve, but since when did our public drug plan exist as a generator of economic development? Under that kind of thinking, the sicker we are and the more money we spend on drugs

The biotech barons and their friends deserve a prize for sleaze that goes way beyond the rest of politics. It is time to stop unaccountable advisors from pushing pseudo-scientific claims about the future of the biotech economy. – Dr. Helen Wallace, GeneWatch UK

lion of UBC’s total research endeavour, went to the UBC Faculty of Medicine to fund academic and clinical teams.

Pharma’s little million-dollar donations and “partnership grants” are really just small potatoes, basically constituting down payments to buy what the industry really wants: innumerable (and likely incalculable) government ‘incentives.’

Speaking to *LifeSciences British Columbia* magazine, Simon Pimstone, CEO of Xenon Pharmaceuticals, put the puck in the net when he articulated what the drug companies expect as a carrot to come to BC: “We need tax incentives, foreign venture capital and people to flow into the province and a personal tax structure to recruit executives. We need more out of the province and it’s not all up to the pharmaceutical industry. There also needs to be capital gains exemptions and stock options – a small measure to stimulate the economy.”

Do those extra goodies get included when you consider the overall cost of luring biotech to BC? I doubt it. What is so worrisome for me, however, is how pharma’s research machinery is busy influencing what nobody is really talking about: public policy making. BC Biotech’s official position paper in 2006 delivers illuminating, and somewhat chilling, sentiments on how BC manages its drug budget and the appropriate use of pharmaceuticals by its citizens. The report put our cherished, and commendable, BC Pharmacare program in the crosshairs by noting that BC’s “restrictive formularies” – the basket of drugs we choose to pay for – basically

are good for the economy. It’s the same thinking that sees oil tankers aground on reefs as a good thing for the economy because they create jobs.

The report clearly sets out that UBC’s Therapeutics Initiative (TI) – a group of independent academics who study the benefits, harms and costs of drugs – is the bad guy in all of this, stating, “The practices of the TI do not support a vibrant biotech community as they typically prevent market access of British Columbia products of innovation.” Not only is this not true, but you hardly need reminding that the TI is about keeping unsafe drugs out of the hands of our doctors, and, in my opinion, the world needs more groups like the TI, not fewer. The current response of our drug-addled government? Let’s get rid of it.

Let’s get a reality check here. Is investing in biotech really all it’s cracked up to be? One interesting take on biotech investment comes from a report last month in GeneWatch UK (www.genewatch.org) entitled *Bioeconomy: a Science Fantasy*. Author Helen Wallace could be talking about BC when she says, “The big problem with the science budget is not its total size but that the wrong people are deciding how to spend it. A cycle of hype is driving research investment decisions, which have become disconnected from reality.”

Wallace notes that current investments in the biosciences are hardly going to “deliver the claimed future benefits to quality of life and the economy.” Looking at biotech’s global output, she says, “After decades *continued p.33...*



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Should you go raw?

NUTRISPEAK Vesanto Melina MS, RD

GOING RAW is a big trend! Across North America, raw restaurants are serving up delicious versions of pizza, lasagna, wholesome burgers and desserts, along with their green smoothies. So before you rush out and buy a fancy, new kitchen range, consider that many folks are tossing out the microwave and covering their entire stovetop with a cutting board. This trend makes some sense. After all, plant foods are the healthiest foods in existence. And what can be better than eating them just as nature serves them up – raw?

Yet when we look at the science, what do we learn about those who follow raw food diets? Do raw food enthusiasts fare as well or better than those on well-balanced vegetarian and semi-vegetarian diets? Is a raw diet appropriate for children? Must we be 100 percent raw to enjoy the benefits? When our diet is centred on fruits and veggies, can we get enough protein, iron and calcium? When we add seeds, nuts and avocados, won't our fat intake be too high?

It is certain that going raw is an effective route to weight loss. When we give up animal products, refined carbs and potatoes, plus all the fats we slather on such foods, we are bound to shed a few – or many – pounds. In the process, we shift from a diet that promotes chronic disease to one that supports well-being and longevity. Scandinavian research has established that raw diets with plenty of sprouted foods change the population of bacteria in our intestines so that we end up with a healthier mix.

On the downside, large German studies of raw foodists have shown that one woman in four lost her menstrual cycle, thereby affecting reproductive function. This occurred when the raw diet was unbalanced, mainly fruit-centred and very low in calories. (Those on a balanced diet

thrived!) Although it has been well established that balanced vegan diets support the health and growth of children, there is insufficient research to show how this can be successfully done on a raw diet; there have been a few tragic cases in which the raw diet used was not properly designed. A pattern that is superb for adult weight loss doesn't fit the unique requirements of a fast-growing infant or child.

Raw diets can be planned to meet our recommended intake for every nutrient, providing that we include a supplementary source of vitamin B12. It is not necessary to go 100 percent raw; high-raw diets can meet our requirements. Though rounding out a raw diet with seeds, nuts and avocados can lead to a high fat intake, the quality of fat in these foods is entirely health supportive. Whether you wish to 'go to raw' for a while or simply want to add a few more raw foods to your current way of eating, see the sidebar for some possibilities to explore.

Pink Cadillac

This tasty smoothie is a great pick-me-up, with about double your vitamin C requirement for the day. It also provides a wealth of potent antioxidants and anti-cancer agents. (Source: *Becoming Raw*). Makes 3 cups (2 servings)

1-1/2 cups fresh-squeezed orange juice

1 cup sliced mango, fresh or frozen

1 cup strawberries, fresh or frozen

Place the juice, mango and berries into a blender and blend until smooth.

Vesanto Melina is a local dietitian and co-author of the new Becoming Raw as well as the Raw Food Revolution Diet, Becoming Vegetarian, Becoming Vegan, Raising Vegetarian Children and the Food Allergy Survival Guide. For personal consultations, phone 604-882-6782 or visit www.nutrispeak.com

Raw rah!

- In **Vancouver**, enjoy the menu at Gorilla Food (Richards Street near Hastings), 604-684-3663, www.gorillafood.com.
- On **Sunday June 6**, come for **brunch at Gorilla Foods** (10:30 AM or after) with a presentation by Vesanto Melina on raw food at 12:30 PM.
- The **Raw Foundation Culinary Arts Institute** offers courses and a host of events. www.rawfoundation.ca
- On **Vancouver Island**, enjoy the **Sidney Health Fair**, May 29-30, www.siwc.org/healthfair
- **Abbotsford and Fraser Valley** residents are invited to a **monthly raw potluck dinner** plus presentation or video. Details: Bobby: 604 755-8596 or Monika www.meetup.com/Raw-in-Abbotsford
- In **Qualicum Beach**, attend a **June 13 event** at 5 PM at Rawthentic Eatery, 250-594-7298, www.rawthenticeatery.com

For raw-friendly restaurants in BC, visit Raw BC's website: www.rawbc.org/raw_businesses.html#restaurants



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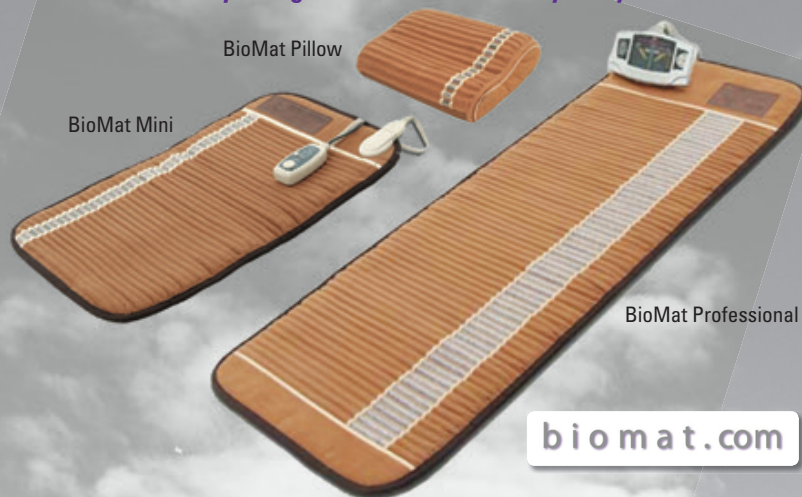
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Container gardening

ON THE GARDEN PATH Carolyn Herriot

WHEN YOU know how many vegetables thrive in containers, you'll realize you don't need a garden to grow food. Try lettuce, radishes, green onions, zucchini, tomatoes and bush or pole beans in planters. Food plants need a maximum of 12 inches (30cm) of soil to grow in; those that are shallow-rooted require only six inches (15cm). Herbs, being mostly Mediterranean plants, are perfectly suited for planters in full sun. Imagine being able to pick sprigs of fresh mint, parsley, chives, oregano or basil from pots just outside your kitchen door.

I get best results from basil and pepper plants when I grow them in 2-gallon (9-L) black plastic pots because our summers are no longer reliably hot. I can harvest amazing yields of tomatoes, cucumbers, ground cherries and tomatillos from 5-gallon (23-L) pots. The secret is in the growing medium. I use a 50:50 blend of screened compost and coir (coconut fibre). This provides a nutrient-rich, biologically alive medium, with good aeration and moisture retention.

If you don't have compost, you can incorporate granular, organic fertilizer into a potting medium or apply liquid fertilizer or compost tea throughout the season. Liquid seaweed boosts fruit and flower production; liquid fish fertilizer aids in the production of leafy greens. Both give plants extra resistance to the stress of being grown in confined conditions. I feed plants

regularly as they are becoming established, and every three weeks thereafter.

Container tips

- Plants in pots dry out quickly, especially in full sun. To be certain plants get enough water, test soil 2 inches (5 cm) below the surface.
- Water daily in hot weather; apply until water runs from drainage holes below.
- When you are planning to go away, place vulnerable plants on top of pebbles in shallow saucers and position in shaded places. Fill the saucers with water before you go.
- Clay pots allow faster water loss; plants in terra cotta pots need more watering than those in plastic pots.
- Choose containers large enough to prevent plants from getting root bound or they will dry out too fast.
- Top-dress established planters with screened compost every year to provide nutrients throughout the season.

Fill a planter box with high quality compost and plant salad ingredients of your choice. From the salad box in the photo, I harvested two varieties of kale, three varieties of lettuce, cilantro, parsley and radicchio. You can grow mesclun mixes of mustards, endive, lettuce, spinach, coriander, cress, kale and chard. Sprinkle a mix of seeds into a 4-quart (4-L) bucket of sieved compost or

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Salad in a box

coarse, washed sand and spread evenly over the top layer of the salad box. Using scissors, harvest with the 'cut-and-come again' method for baby salad greens.

Garden path perennial mix for containers and planters

In a wheelbarrow mix well:

- 1/3 screened topsoil
- 1/3 screened compost
- 1/3 aged horse manure

Add 10 percent of the above volume of perlite for drainage and aeration. Add a 1-gallon (4L) ice cream pail of a balanced granular, organic fertilizer (5:2:4) (with such ingredients as alfalfa meal, gypsum, rock phosphate, sul-po-mag, greensand, zeolite, kelp meal). Tip: It's best not to use garden soil unless blended with organic matter because on its own it dries out quickly, compacts and deprives young plant roots of oxygen.

When plants are grown in containers, their roots are subject to freezing because they are exposed to two

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extra zones of coldness. In other words, a zone-5 plant in the ground becomes a zone-7 plant in a pot. A combination of heavy rain followed by a deep freeze will kill plants in containers by freezing their roots. Moving borderline plants under the eaves up against the house or into a greenhouse or garage prevents this from happening. Another way to protect roots is to place a pot inside a larger one and stuff the space in between with insulating material such as burlap or landscape fabric.

Carolyn's new book *The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food* is now available <http://earthfuture.com/gardenpath/>



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The illusion of ownership

A NEW EARTH Eckhart Tolle

SPIRITUALITY

TO “OWN” something – what does it really mean? What does it mean to make something “mine”? If you stand on a street in New York, point to a huge skyscraper and say, “That building is mine. I own it,” you are either very wealthy or you are delusional or a liar. In any case, you are telling a story in which the thought form “I” and the thought form “building” merge into one. That’s how the mental concept of ownership works. If everybody agrees with your story, there will be signed pieces of paper to certify their agreement with it. You are wealthy. If nobody agrees with the story, they will send you to a psychiatrist. You are delusional or a compulsive liar.

It is important to recognize here that the story and the thought forms that make up the story, whether people agree with it or not, have absolutely nothing to do with who you are. Even if people agree with it, it is ultimately a fiction. Many people don’t realize until they are on their deathbed and everything external falls away that no thing ever had anything to do with who they are.

In the proximity of death, the whole concept of ownership stands revealed as ultimately meaningless. In the last moments of their life, they then also realize that, while they were looking throughout their lives for a more complete sense of self, what they were really looking for, their Being, had actually always already been there, but had been largely obscured by their identification with things, which ultimately means identification with their mind.

“Blessed are the poor in spirit,” Jesus said, “for theirs will be the kingdom of heaven.” What does “poor in spirit” mean? No inner baggage, no identifications. Not with things, nor with any mental concepts that have a sense of self in them. And what is the “kingdom of heaven”? The simple but profound joy of Being that is there when you let go of identifications and so become “poor in spirit.” This is why renouncing all possessions has been an ancient spiritual practice in both East and West. Renunciation of possessions, however, will not automatically free you of the ego. It will attempt to ensure its survival by finding something else to identify with, for example, a mental image of yourself as someone who has transcended all interest in material possessions and is therefore superior, is more spiritual than others.

There are people who have renounced all possessions but have a bigger ego than some millionaires. If you take away one kind of identification, the ego will quickly find another. It ultimately doesn’t mind

what it identifies with as long as it has an identity. Anti-consumerism or anti-private ownership would be another thought form, another mental position that can replace identification with possessions. Through it, you could make yourself right and others wrong. As we shall see later, making yourself right and others wrong is one of the principal egoic mind patterns, one of the main forms of unconsciousness. In other words, the content of the ego may change; the mind structure that keeps it alive does not. One of the unconscious assumptions is that by identifying with an object through the fiction of ownership, the apparent solidity and permanency of that material object will endow your sense of self with greater solidity and permanency. This applies particularly to buildings and even more so to land since it is the only thing you think you can own that cannot be destroyed. The absurdity of owning something becomes even more apparent in the case of land. In the days of the white settlement, the natives of North America found ownership of land an incomprehensible concept. And so they lost it when the Europeans made them sign pieces of paper that were equally incomprehensible to them. They felt they belonged to the land, but the land did not belong to them.

The ego tends to equate having with Being: I have, therefore I am. And the more I have, the more I am. The ego lives through comparison. How you are seen by others turns into how you see yourself. If everyone lived in a mansion or everyone was wealthy, your mansion or your wealth would no longer serve to enhance your sense of self. You could then move to a simple cabin, give up your wealth and regain an identity by seeing yourself and being seen as more spiritual than others. How you are seen by others becomes the mirror that tells you what you are like and who you are.

The ego’s sense of self-worth is, in most cases, bound up with the worth you have in the eyes of others. You need others to give you a sense of self and if you live in a culture that, to a large extent equates self-worth with how much and what you have, if you cannot look through this collective delusion, you will be condemned to chasing after things for the rest of your life in the vain hope of finding your worth and completion of your sense of self there. How do you let go of attachment to things? Don’t even try. It’s impossible. Attachment to things drops away by itself when you no longer seek to find yourself

in them. In the meantime, just be aware of your attachment to things.

Sometimes, you may not know that you are attached to something, which is to say, identified, until you lose it or there is the threat of loss. If you then become upset, anxious, and so on, it means you are attached. If you are aware that you are identified with a thing, the identification is no longer total. "I am the awareness that is aware that there is attachment." That's the beginning of the transformation of consciousness.

Wanting: the need for more

The ego identifies with having, but its satisfaction in having is a relatively shallow and short-lived one. Concealed within it remains a deep-seated sense of dissatisfaction, of incompleteness, of "not enough." "I don't have enough yet," by which the ego really means, "I am not enough yet." As we have seen, having – the concept of ownership – is a fiction created by the ego to give itself solidity and permanency and make itself stand out, make itself special.

Since you cannot find yourself through having, however, there is another more powerful drive underneath it that pertains to the structure of the ego: the need for more, which we could also call "wanting." No ego can last for long without the need for more. Therefore, wanting keeps the ego alive much more than having. The ego wants to want more than it

wants to have. And so the shallow satisfaction of having is always replaced by more wanting. This is the psychological need for more, that is to say, more things to identify with. It is an addictive need, not an authentic one.

In some cases, the psychological need for more or the feeling of not enough that is so characteristic of the ego becomes transferred to the physical level and so turns into insatiable hunger. The sufferers of bulimia will often make themselves vomit so they can continue eating. Their mind is hungry, not their body. This eating disorder would become healed if the sufferers, instead of being identified with their mind, could get in touch with their body and so feel the true needs of the body rather than the pseudo needs of the egoic mind.

Some egos know what they want and pursue their aim with grim and ruthless determination – Genghis Khan, Stalin, Hitler, to give just a few larger-than-life examples. The energy behind their wanting, however, creates an opposing energy of equal intensity that in the end leads to their downfall. In the meantime, they make themselves and many others unhappy, or, in the larger-than-life examples, create hell on earth. Most egos have conflicting wants. They want different things at different times or may not even know what they want except that they don't want what is: the present moment. Unease, restless-

ness, boredom, anxiety, dissatisfaction are the result of unfulfilled wanting. Wanting is structural so no amount of content can provide lasting fulfillment as long as that mental structure remains in place. Intense wanting that has no specific object can often be found in the still-developing ego of teenagers, some of whom are in a permanent state of negativity and dissatisfaction.

The physical needs for food, water,

of "more than," of "I want," "I need," "I must have," and of "not enough" pertain not to content but to the structure of the ego. The content is interchangeable. As long as you don't recognize those thought forms within yourself, as long as they remain unconscious, you will believe in what they say; you will be condemned to acting out those unconscious thoughts, condemned to seeking and not finding – because when those thought forms oper-

There are people who have renounced all possessions but have a bigger ego than some millionaires. If you take away one kind of identification, the ego will quickly find another.

shelter, clothing and basic comforts could be easily met for all humans on the planet, were it not for the imbalance of resources created by the insane and rapacious need for more, the greed of the ego. It finds collective expression in the economic structures of this world, such as the huge corporations, which are egoic entities that compete with each other for more. Their only blind aim is profit. They pursue that aim with absolute ruthlessness. Nature, animals, people, even their own employees are no more than digits on a balance sheet, lifeless objects to be used, then discarded.

The thought forms of "me" and "mine,"

ate, no possession, place, person or condition will ever satisfy you.

No content will satisfy you as long as the egoic structure remains in place. No matter what you have or get, you won't be happy. You will always be looking for something else that promises greater fulfillment, that promises to make your incomplete sense of self complete and fill that sense of lack you feel within.

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SPIRITUALITY

When you follow your bliss...doors will open where you would not have thought there would be doors and where there wouldn't be a door for anyone else.
— Joseph Campbell

IS THERE something you have always dreamed of doing, but either it has not happened or you do not really think it is possible? Have you wondered about the purpose of life or if there is more to the one you are living?

If so, you are not alone. As we grow, we may pick up many limiting beliefs along the way. We may have limited

miles an hour at work and then finding themselves just as busy at home. Of course, technology has sped things up a lot, but there is also a culture of 'busyness' that is assumed to be 'normal.' Perhaps it has crept up on us so that it has become the new normal, but this normal is not good. Perhaps it is normal for lemmings, every once in a while, to madly throw themselves en masse into the ocean to die, but even the scientists who study them still find it strange.

Is it any wonder then that with all of this it can be possible to be somewhere in adulthood and wonder firstly, who you really are, and secondly, what you



photo © Ersler | Dreamstime.com

opportunities or be limited by what our parents believe. From early on in our lives, we get the sense there is a path we must follow: go to school, get good marks, get further schooling, choose a career, progress in a job, buy a house, have children and so on. While this may not be true for everyone, it does seem to be the default program expressed by parents, educators and the media.

In our culture, no emphasis is placed on helping you figure out who you are, how you want to live in the world or how you want to spend the time you have been given. There seems to be a division between what is fun and exciting and what is practical and realistic.

In order for a growing human to discover who he or she is, there would seem to be a need to have opportunities to explore different things and for time alone to think and reflect. It would also be important to have others with whom to discuss ideas in an open-ended way. And, of course, it would be wonderful to be encouraged to be open-minded and to trust one's inner thoughts, feelings and ideas.

Well, yes, it would be nice, but for most of us this is not the way it was. Many people, therefore, find themselves perhaps 'successful' in their lives, but not necessarily as happy as they would like to be.

There seems to be an epidemic of stressed out people going a million

would like to be doing with your life? How would one begin to answer these questions? Well, you can read lots of books, take workshops, Google numerous things and try to use your brain to figure it out. I have seen people do all these things and end up even more confused than when they started.

Joseph Campbell has a much better idea. He says, "Follow your bliss." Do what makes you happy. He says he does not believe people are looking for the meaning of life so much as they are looking for the experience of being alive. When do you feel most alive? What truly makes you happy?

Most of us cannot just chuck the life we have and start a new one. But you can begin doing more of the things you love. You might think there is no time or it's too late in life or you will not be good at it. You might also wonder what people will think. Well, you can *make* the time, it is *never* too late, it does *not matter* if you are good at it, just that you love it, and *who cares* what anyone thinks?

Take a moment right now to think of your bliss and plan to take action to bring more of that into your life. Let me know what happens.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books and CDs, visit www.gwen.ca See display ad this issue.

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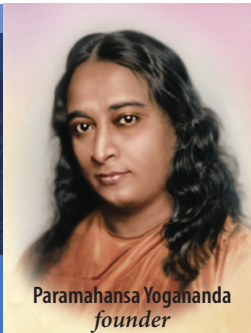
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Saving the sacred salmon

Photo by Nik West

ENVIRONMENT

Walk for wild salmon supports land-based, closed containment fish farms

by Alexandra Morton

I FOUND MY way to the Broughton Archipelago 26 years ago, following a pod of whales I was studying. It was the perfect blend of wilderness and society. There was a one-room school, about 100 people and a post office serviced by seaplane; you can't drive to Echo Bay and there is no electricity or supermarkets.

Every May, a large run of Chinook salmon ran into the inlets feeding on oolichans and herring and the A-clan orca followed, so beautiful in the light jade glacier melt-water. So many pink salmon were leaping as they swam to

the rivers, you could smell them on the westerly breeze in August. Orca sisters Kelsey and Yakat brought their families to feast on these fish. Then in fall, the chum salmon arrived. Like schools of porpoise, their silvery backs broke the surface hundreds at a time. The A-clan orca hosted their neighbours from the north, G-clan – the chum salmon eaters – and together they feasted into November. In winter, the A5 sub-clan ghosted through quietly, hunting Chinook salmon that over-wintered in Broughton.

The whales and my community thrived on the rhythms of wild salmon, but this was brought to an end as the heel of a corporate boot descended upon my community. Our governments repeated the mantra "This will be good for you," but they were wrong. There are only nine people left in my town. The school is closed, the A-clan whales avoid Broughton and we have 29 Norwegian salmon farm leases lodged precisely where my neighbours used to make their living

fishing prawns, rock cod and salmon.

The past 20 years have been a hard lesson for us about what happens when the corporation comes to town. I now have firsthand understanding of the concept of "tragedy of the commons."

Imagine a place where millions of salmon appear every year *for free*. Where fish carry ocean nutrients uphill to build the soil and grow billions of cubic feet of wood fibre that produces oxygen. A fish so reliable that it nourished a rich and unique culture into existence and then fuelled the economy of a greedy province, creating thousands of jobs and offering food security. Why would anyone sacrifice all this for a few low-paying jobs, to grow a foreign salmon – which has to be dyed pink – on a manufactured diet from Chile, and which is held in cages where no whale or local human can benefit while the profits are wired to wealthy European shareholders? Why indeed?

It would be generous to call salmon farming in BC a mistake because government wilfully ignored every one of its *own* reports commissioned on salmon farming. These government reports recommended the following: 1) No salmon farms be permitted on migratory corridors. 2) Salmon farms should be located at greater distances from rivers. 3) The farms should be removed into land-based tanks, thereby respecting the communities that don't want them. They ignored the warning from Norway that stated the industry wanted bigger farms, saying, "Some of the fish farmers went to Canada. They said we want bigger fish farms; we can do as we like" (1991 Hansard). The province even created salmon farm-free zones, and then put salmon farms in them. The federal government also exempted salmon

farms from all the fishery regulations that protect wild fisheries. It has been a breach of public trust from day one.

When government tells us there are no disease issues to worry about in these marine feedlots, they must think us simple minded. Salmon farmers are vaccinating every one of their fish. Salmon farms are feedlots and feedlots break the natural laws and intensify disease. We know this about chicken farms and beef and pork feedlots, but we are supposed to forget about this when it comes to fish. Our fish run the gauntlet with no protection. There are many runs of Fraser sockeye and only the runs that migrate to sea past fish farms failed to return last year. The Fraser sockeye that migrate to sea via Juan de Fuca returned in greater numbers than forecast.

I was so naïve 20 years ago. I thought government worked for the people. I thought I could write a few letters and government would fix things. All my neighbours ever asked was for the industry to move over as it ruthlessly displaced them and they lost their incomes. The First Nations said "no" and were ignored. Government has allowed this industry to bully people for 20 years. Why? I have thought about this a lot and still don't know the answer, but consider this:

When the north Atlantic cod were declining, a government scientist named Ransom Myers said the reason was because the cod were being caught before they were old enough to spawn. Simple. But government could not have been actually trying to protect the fishery, because they told him to be silent. Dr. Myers is a hero to many and he quit, but he could not save the cod. As soon as the fishermen were tied to the docks, the Hibernia oil wells went onto the Grand Banks. One of Earth's greatest food supply lines to the people was cut.

Why allow people access to free food, when you can force them to pay for every bite? Do not allow thriving local economies because those people expect an old age pension. The Fraser River cannot be dammed as long as wild salmon must be considered and the salmon farmers' country of origin is Canada's best friend in the tar sands. Norway, Statoil. All these things go through my head as I see government favouring farmed salmon – and the foreign owners – over wild salmon and the public of Canada every step of the way, even though the *Fisheries Act* is very clear that government is obliged to protect wild fish, the commons. The government talks about the precautionary principle, but it doesn't use it. *continued p.33...*

Protect wild salmon – Farms belong on land

Get Out Migration is a call to action to make government aware that we want wild salmon to take higher priority than farm salmon. Farms belong on land. To promote the campaign, on April 23, Alexandra Morton and others began walking from Scintilla, at the north end of Vancouver Island, and they arrive in Victoria on May 8. The campaign calls on the Government of Canada to take the appropriate measures to get open-net aquaculture out of our federal waters. For a schedule of the walk, visit www.salmonaresacred.org

Take action

Sign the global petition for wild salmon at www.salmonaresacred.org/petition-protect-wild-salmon Sign the letter to the Minister of Fisheries and also send a card to West Coast fisheries critic MP Fin Donnelly. See www.salmonaresacred.org



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A green tax revolt

EARTHFUTURE Guy Dauncey

WE ALL hate the HST, right? It's now a populist campaign, led by former Premier Bill Vander Zalm, who has, by the way, also predicted the HST will expand to take in the US and Mexico and eventually be controlled from Brussels, Belgium, as part of a conspiratorial New World Order.

The HST has its pros and cons, but maybe we're being blinded by it and missing the real target. To explain why, let me step back for a moment. Under the PST, various 'good' things are exempt,

by up to 20 percent.

From the Healthy Transportation Fund, we could invest \$65 million a year on new cycling infrastructure; that's 20 times more than the \$3 million promised for cycling in the 2010-2011 budget. We could invest \$135 million a year in transit, allowing local communities to use the funds for increased services, reduced fares, improved shelters or electronic timetables, as they saw fit. This would be in addition to the \$173 million that was promised for transit in

Under the HST, the only exemptions allowed are those on a federal Department of Finance list in Ottawa that does not include bicycles or renewable energy equipment.

including bicycles and renewable energy equipment. That makes sense. But so are transport fuels and residential heating fuels: – oil and gas.

Under the HST, the only exemptions are those on a federal Department of Finance list that does not include bicycles or renewable energy equipment. So these exemptions have to go, along with almost everything else. However, the exemptions on transport and residential fuels are permitted and will remain.

So, this summer when virtually everything we buy in BC carries the full HST of 13 percent, fossil fuels for transport will be exempt. They will receive a seven percent tax break – twice the level of the 3.5 percent carbon tax.

One might ask BC's MLAs why it's so important to subsidize fossil fuels above all else. Is it not a glaring contradiction to the aim of reducing air pollution, traffic congestion, and greenhouse gas emissions, and making BC a clean energy leader? Even if the petition to stop the HST succeeds, the seven percent fossil fuels subsidy will remain in the PST.

The BC Sustainable Energy Association has pondered the contradiction and prepared a solution. We propose eliminating the seven percent subsidy to fossil fuels, increasing the price of fuel for transport and residential heating by seven percent, and using the income to create two new funds: one for Healthy Transportation worth \$300 million a year, and one for Healthy Housing worth \$200 million a year.

To counter the loss of the seven percent subsidy, the funds would be used for programs that would enable people to reduce their travel and heating costs

the same budget. We could also invest in pedestrian improvements, ride sharing, car sharing, video-conferencing, electric cars and eco-driving education. With every initiative, we could reduce air pollution, greenhouse gas emissions and traffic congestion and enable people to save money on their travel costs.

From the Healthy Housing Fund, we could invest \$100 million a year in an expanded LiveSmart program, helping people make their homes more energy efficient. This would be in addition to the \$35 million the government recently committed to restore LiveSmart over three years, enabling an eightfold expansion of the program. This would create a *lot* of new skilled trades jobs, as well as reducing people's home energy bills.

Yes, it's a green tax revolt – a tax revolt in reverse. We're saying, "Let's eliminate the subsidy and use the income in positive ways that everyone can benefit from." That includes pick-up drivers in the rural Cariboo where cycling and transit may not be an option. By making ride sharing really easy, they could pick up the phone and cut their travel costs in half.

For this to succeed, all three major political parties must embrace the idea so that it does not become a political football. Can that be achieved? It might take a miracle, but it's also good common sense. Why subsidize the bad things? That certainly makes no sense.

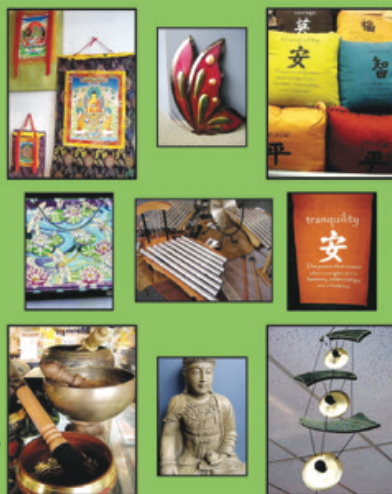
Guy Dauncey is president of the BC Sustainable Energy Association. The Vancouver Chapter meets the first Wednesday of every month at Vancouver City Hall, 453 West 12th. (Speakers and networking at 6:30pm.) See www.bcsea.org



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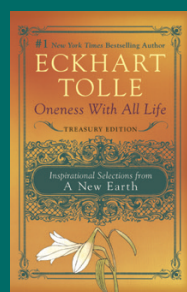
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What's going in your body?

SCIENCE MATTERS David Suzuki with Faisal Moola

EVERY DAY, we slather ourselves with liquids, lotions and potions – from shampoo and soap to deodorant and makeup. After all, most of us want to look and feel clean and to smell nice. It's not uncommon for a person to use 10 or more personal-care products daily.

We don't usually think of our cosmetics as a source of pollution. But US researchers found that one eighth of the 82,000 ingredients used in personal-care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins, plasticizers and degreasers.

Take a look at the ingredient list on your bottle of shampoo or hand lotion. Most of us would have a hard time identifying which chemicals in the typically long list of ingredients may be harmful to human health or the environment.

Chances are your personal-care products contain "fragrance" or "parfum" – often the last item on the ingredient list. Fragrance recipes are considered trade secrets so manufacturers don't have to disclose the chemicals they include. More than 3,000 chemicals are used to create "fragrances," usually in complex mixtures. Up to 80 percent of these have never been tested to see whether they are toxic to humans.

These fragrances are not just found in perfumes and deodorants; they are also in almost every type of personal-care product, as well as laundry detergents and cleaning products. Even products labelled "fragrance-free" or "unscented" can contain fragrance, usually with a masking agent to prevent the brain from perceiving odour.

The negative effects of some fragrance ingredients can be immediately apparent, especially for the growing number of people with chemical sensitivities. For example, fragrance chemicals can trigger allergic reactions, asthma attacks and migraines. Researchers have even found evidence suggesting that exposure to some of these chemicals can exacerbate or even contribute to the development of asthma in children.

Other chemicals may have harmful effects that don't show up right away. For example, diethyl phthalate (DEP) is a cheap and versatile chemical widely used in cosmetic fragrances to make the scent last longer. But it is associated with a range of problems. The European Commission on Endocrine Disruption has listed it as a Category 1 priority substance, based on evidence that it interferes with hormone function. Phthalates have been linked to early puberty in girls,

ENVIRONMENT

reduced sperm count in men and reproductive defects in the developing male fetus (when the mother is exposed during pregnancy).

Some research has also suggested that phthalate metabolites may contribute to obesity and insulin resistance in men. Health Canada has moved to ban six phthalates in children's toys, after evidence showed that prolonged exposure can cause liver or kidney failure, but it has no plans to regulate the chemicals in cosmetics.

Fragrance chemicals often harm the environment. Some compounds in synthetic "musk," which wash off our bodies and find their way into nature, remain in the environment for a long time.

In response to the sensitivity many people have to airborne chemicals, a growing number of offices and public spaces are becoming "fragrance-free." This is a great initiative, but what are these and other harmful chemicals doing in our cosmetics in the first place?

Canada's regulations don't measure up to standards in other parts of the world. The European Union restricts many fragrance ingredients and requires warning labels on products if they contain any of 26 allergens commonly used as cosmetic fragrances. Europe also prohibits or restricts the use of chemicals classified as carcinogens, mutagens or reproductive toxins in personal-care products.

Learn more at www.davidsuzuki.org

Personal care products – how safe are they?

The David Suzuki Foundation and other organizations are working for safer products. We're conducting a survey (www.davidsuzuki.org/whatsinside) to raise awareness and to find out what's in the products people use every day. We plan to present the results in September, along with recommendations for strengthening laws to protect Canadians and our environment from harmful chemicals in personal-care products. You can help out by becoming more aware of what's in the products you use and switching to products that don't contain harmful ingredients.



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Bill C-474 could decide the future of GM crops

ENVIRONMENT

by Lucy Sharratt, coordinator, Canadian Biotechnology Action Network

CANADIANS AND Canadian farmers won a major victory recently against the biotech industry. While this victory is just the first step in a major and prolonged fight, it is indicative of the unavoidable conclusion that genetically modified (GM) crops are causing harm to farmers and farming in Canada.

Despite major industry lobbying,

for BC Southern Interior, the Bill is the first Private Members Bill on genetic engineering to get this far in the Parliamentary process. Bill C-474 will likely be scheduled for a debate this month in the Agriculture Committee and we can expect the biotech industry to do everything they can to stop it.

This Bill was propelled forward by the current flax contamination crisis.

Canadian alfalfa growers are at immediate risk from the possible introduction of GM alfalfa this year and our wheat farmers are under constant threat from Monsanto's re-launched GM wheat research.

Members of Parliament listened to Canadians ahead of the biotech industry in April when they passed Bill C-474 through a second reading and into the hands of the House of Commons Agriculture Committee for study. Bill C-474 would support Canadian farmers by requiring "an analysis of potential harm to export markets be conducted before the sale of any new genetically engineered seed is permitted." For the first time, Parliament could take steps to protect farmers from the negative impacts of GM crops.

Bill C-474 gives us a critical opportunity to stop dangerous GM crops because, if passed, it will stop products like GM wheat and GM alfalfa, which are not accepted in our export markets. Introduced by Alex Atamanenko, NDP Agriculture Critic and MP

In September 2009, European bakery companies began discovering GM flax from Canada and pulled products off the grocery store shelves. By the end of October, contamination had reached 35 countries, none of which had approved the GM flax for growing or safe eating. Flax contamination closed our export markets and drove flax prices down. Our markets are damaged and Canadian farmers still face market uncertainty while paying for testing and clean-up. These costs are an unnecessary and preventable burden that flax farmers actually took steps to prevent 10 years ago. The flax crisis is the type of crisis that Bill C-474 would prevent.

GM contamination of Canadian flax was completely unexpected because GM flax was actually removed from the market in 2001, at the behest of flax

farmers, in order to prevent this exact scenario. GM flax was approved by the Canadian government in 1996 and 1998, but flax farmers convinced the Canadian Food Inspection Agency to remove variety registration in 2001, making it illegal to sell the seeds. Flax growers took this measure to protect their European market which buys 60-70 percent of our flax exports, but which clearly rejects GM. Canada is the world's leading flax producer and exporter and flax is one of Canada's five major cash-crops, alongside wheat, barley, oats and canola so the economic damage is no small matter.

The GM flax was engineered to be tolerant to herbicide residues in soil and was developed by controversial scientist and industry proponent Alan McHughen while working at the University of Saskatchewan. McHughen called the GM flax "Triffid," in reference to John Wyndham's 1951 horror novel, *The Day of the Triffids*, which features terrifying, flesh-eating plants farmed for oil. The flax was developed with public money through provincial government funding to the university and is just one example of the many dangerous GM research projects still underway in universities across Canada.

The question that remains is what will our government do to help flax farmers through this crisis and, furthermore, how will it make sure this doesn't happen again to other farmers? For example, Canadian alfalfa growers are at immediate risk from the possible introduction of GM alfalfa this year and our wheat farmers are under constant threat from Monsanto's re-launched GM wheat research.

Farmers are at risk when GM crops are commercialized in Canada without also being approved in our major export markets. This is especially true because contamination is inevitable. GE seeds are living pollution that cannot be controlled or recalled. This contamination, however, serves the biotech industry, which benefits if international markets are forced open to GM via contamination.

This is one reason why biotechnology corporations like Monsanto are bent on introducing new GM crops that are not wanted or needed, but which will contaminate other crops and thereby force GM across the world. Last year, Monsanto launched new GM wheat research despite the fact that, in 2004, widespread protest forced the company to withdraw its applications for approval in Canada and the US. This year, GM alfalfa could be planted in the US and also be legalized in Canada. GM alfalfa is a significant threat to organic food and farming in North America and yet our government could allow this inevitable contamination to happen.

Through the debate over Bill C-474, our MPs are being forced to confront Monsanto. This month, the biotech industry will pressure members of the Agriculture Committee to tear apart this Bill, but the first step in protecting farmers from the economic chaos caused by GM seeds has just been won.

We have a unique opportunity to make concrete change this year and to turn the tide in favour of farmers instead of Monsanto.

For more info and to take action: www.cban.ca/474



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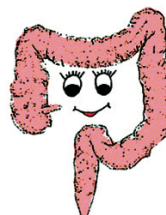
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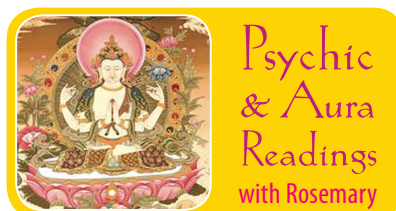
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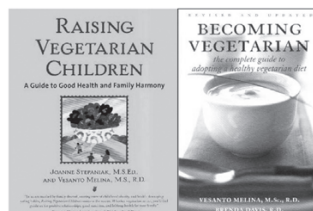


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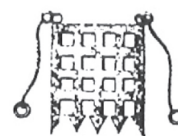
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...Salmon from p. 22



Backgrounder: Regulations & jurisdiction

The clash between BC's aquaculture industry and wild salmon interests is partly due to the fact that aquaculture has historically operated under provincial jurisdiction, while management of the wild salmon fishery has been a federal responsibility. As is often the case, the two governments don't always know how to work together. However, in February 2009, the BC Supreme Court (BCSC) ruled that control of salmon farms would be transferred from the Provincial government to the Federal Department of Fisheries and Oceans (DFO). December 18, 2010 would be the date of transfer.

As a result, the DFO is developing its own "sustainable, well-regulated and environmentally-friendly" policies toward aquaculture. Following standard procedure, public consultations were held until this past February. Now, the Department of Justice is putting pen to paper and drawing up the new regulations on behalf of the DFO. A draft will be posted in the *Canada Gazette* in June 2010. A review period will follow, allowing the public to comment. Go to www.gazette.gc.ca.

The new regulatory arrangement will still allow some regional control. While the DFO will assume responsibility for both the aquaculture industry and wild fish habitat in B.C., the Provincial government will continue to lease the seabed where, if allowed, future aquaculture operations take place. - P. S. Bromley

If this industry were content to have a few farms off the wild salmon migration routes, there would be no issue. But these are publicly traded companies and so they cannot stay at just any size. They have to grow. The only thing that matters to them is the share price and whatever makes it rise is acceptable. This is not good for the biological world or the people in it. They contaminated their Chilean farms with a Norwegian virus and now they are profiting from this because losing 70 percent of their Chilean salmon increased the value of their Canadian stock. But what about the Chilean fishermen? How are their fish affected by the virus? They don't have fish stocks in BC.

The tragedy of the commons is very common, but we do not have to be this tragedy. We still live with a modicum of democracy and we can bring the government back on track. If you drop the European shareholders from the equation, this issue becomes easy.

Apply the laws of Canada to the three Norwegian fish farm companies that constitute the "BC" fish farm industry and if they can't comply, send them home.

Encourage the Canadians who are trying to build a sustainable industry on land in tanks. They have been at it for 60 years and government is ignoring them. They can farm a range of species, not just salmon.

Use the wealth of knowledge on wild salmon to harness their remarkable biology and allow this fish to restore itself. Their remarkable genetic diversity is our best hope to continue to benefit from them through climate change.

Government has made a mistake and must be responsible to the families dependant on salmon farms; there are not many.

Market farmed and wild salmon in a way that restores the value of wild salmon, rather than subsidizing farmed salmon with wild and starving small communities.

No one loses. The shareholders will be fine. Politicians just want to be re-elected and will change if people are clear. Fish farmers don't care as long as they have a job. The only people who lose are those who might be waiting for wild salmon to go extinct so they can exploit rivers and such, but I doubt they will starve.

The reason I am walking through the towns of eastern Vancouver Island – fish-farming country – is because this industry is the emperor with no clothes. It is not good

for our towns; it is not sustainable and it is certainly not feeding the world. It is not well regulated and it is definitely not liked. I am doing this because I have received hundreds of emails from government, fish farmers, business operators, First Nations and scientists who all want this industry out of the ocean, but they can't see each other. They don't know how many like-minded others there are. I thought for two years before I dared say "salmon are sacred." But I am saying it now because any species that is so generous that it can feed over 200 species has to be recognized as essential to life. Every place on Earth that makes clean air, water and food has to be protected. Everyone who wants wild salmon must make themselves visible.

Make no mistake; this is not about saving the salmon. This is about saving the humans.

Alexandra Morton is a registered professional biologist. She will receive an honorary doctorate of science from Simon Fraser University in June. For 25 years, she has lived without electricity in her home at Echo Bay, studying whales and salmon.

...Drug Bust from p. 13

of investment, the net value of the bio-economy worldwide has been estimated to be zero or negative" and that the UK government and the European Union "have wasted billions of taxpayers' money on a science fantasy."

I sure hope the same isn't true of BC's forays into biotech, but let me leave you with this. Science has an incredibly important place both in our society and our economy, but who is assessing the benefits and the harms involved in all that investment? The politicians gloating at the podium of industry's gala events? University bureaucracies competing with each other over how much pharma money they can devour? Science entrepreneurs who see public safety and value in medicine as a threat to their business models?

Call me naïve again, but until we start the conversation about the overall public impact of "growing" BC's biotech economy, I'd rather we not lust so greedily over pharma's promises.

BC the "Best Place on Earth?" Not on your life. There is always room for improvement.

Alan Cassels is a modern-day Jonathan Swift wannabe, as well as a drug policy researcher at the University of Victoria and the author of The ABCs of Disease Mongering. Read his other writings at www.alancassels.com

Lost & found

Forgotten, abandoned and reclaimed words inspire books and blogs

by Geoff Olson

AT ONE TIME or another, we've all found a stranger's letter, note or photo lying in the street, filed inside a library book or tacked to a corkboard. Or we may have come across an anonymous VHS tape containing an amusing home movie. Depending on the content, we might find ourselves captivated for a moment or two, before tossing the item aside. But who in their right minds would devote a gallery show, magazine, blog or book to such finds?

There are a few minds who've done just that, enshrining personal messages in new media. Rescued from oblivion, this marginal material becomes strangely compelling when it's seen by eyes it was never intended to reach. Some of it is jaw-droppingly funny. Some of it is peculiar and strange. And some of it is surprisingly moving. In this article, we look at four ways self-made archivists have resurrected these oddments, from the ridiculous to the sublime.

The ridiculous: the Found Footage Festival

This is the tape you've been waiting for and heard about. In this video, we'll show you 14 of the sexiest Southern California beauties in string bikinis and high heels firing the sexiest fully automatic machine guns in the world. — Clip from the Found Footage Festival

New Yorkers Nick Prueher and Joe Pickett have been buddies since high school. Between them, their credits extend from *The Onion* to *Late Night With David Letterman* to *The Colbert Report*, but their fame really lies in the niche they've carved out-resurrecting found footage. The worse it is, the better, including obscure corporate training films, bad public access shows, bizarre home movies and cringe-worthy dating videos. For the past 20 years, Prueher and Pickett have travelled across the US, scoping out thrift stores, yard sales and dumpsters in search of VHS absurdities, which they showcase at public screenings across North America.

The clips must fulfil two conditions to make it to the Found Footage Festival. Firstly, they must be found on hard copy — You Tube videos are out. Secondly, they must be unintentionally funny. Whatever the intent behind their messages, they must fail spectacularly.

And fail they do. Among the artless finds on the Found Festival website is an infomercial from the late eighties, in which Vietnamese immigrant and real estate mogul Tom Vu tells listeners how to become rich through buying and selling distressed property, all the while cursing the "losers" who tried to bar him from wealth and fame.



"I'm famous from Miami to Quebec!" he barks.

It Only Takes a Second, an industrial safety film that re-enacts workplace accidents, is another gem. In an ascending spiral of violent absurdity, workers run their hands through table saws, plunge off cranes and immolate themselves in car crash fireballs.

The Found Footage Festival was inspired years ago by Prueher's discovery of a demeaning corporate training video in a McDonald's washroom. He began screening the find at home to friends, with Pickett providing the running commentary. There's no denying that the partners were committed to their project right from the start. Prueher once took a job at a video rental shop in a mall, solely because he heard its training films were so ludicrous. He stuffed a copy into his backpack and quit the next day.

Prueher's work in the comedy world offered him greater access to the shadow world of marginal footage. He once had a research gig on *Late Night With David Letterman*, tracking down obscure videos of celebrities in their early years. Among his discoveries was a late seventies video of Arnold Schwarzenegger, on a junket to Brazil shortly after his Mr. Universe win, to investigate the carnival in Rio. The future California Governor is seen playing grab-ass with his female consorts, who are clearly appalled by his behaviour. Letterman played the film on his show, during a time when there were multiple accusations of sexual harassment against Schwarzenegger. "It's amazing he got into office with this video out there," says Pickett in an interview with *Wired* magazine.

In an appearance last year at Vancity Theatre, Prueher and Pickett screened their newest finds, including atrocious dating service videos and amateurishly rendered cartoon characters. The show's highlights included a clip of "Thor," a buffed, heavy metal star with a blonde mane, serenading elderly casino patrons at a Las Vegas dinner show. Nick and Joe arranged for the now unrecognizable local entertainer to attend the premiere. Thor proved to be a good sport, joining the

hosts onstage for some banter with the audience.

After the show, the partners manned a table selling DVDs of past Found Festival screenings. "What's your best video?" I asked Prueher as I rummaged through my wallet for cash. "Don't make me choose; they're all like my children," he replied, before selecting Volume 2. His choice didn't disappoint. Among the compilation's unhinged preachers and unbalanced public access television performers, there's Jack Rebney, a

furious, sweaty RV salesman who cannot get his lines right for a television commercial shoot. The outtakes reveal him spewing a string of expletives before becoming apoplectic with rage and descending into outright gibberish. "Ferns and docks! Ferns and docks!"

The sublimely ridiculous: *Found Magazine*

The light at the end of the tunnel has been shut down due to budget cuts. — Note discovered and sent to *Found Magazine*

The Found Footage Festival mines the pop culture trash heap for vanished video subcultures. The unrelated *Found Magazine* has a more voyeuristic spirit, inflected with small-h humanism. "We collect found stuff: love letters, birthday cards, kids' homework, to-do lists, ticket stubs, poetry on napkins, doodles — anything that gives a glimpse into someone else's life. Anything goes," proclaims *Found Magazine's* website.

The content, collaged by the American midwest company into its quarterly publications, ranges from aching intimacy to opaque absurdity, with every shade of human emotion and self-deception in-between. The magazine began life when cofounder Davy Rothbart went out to his car and found a note on his windshield, meant for someone named Mario from someone named Amber. The note, littered with f-bombs, accused Mario of parking his car nearby another woman's place, when Mario claimed to be working. After damning her nominal boyfriend to Hell, Amber closed with the *non sequitur*, "PS Page me later." That was enough to turn Rothbart into an urban archaeologist of scraps and snippets.

There are no pretensions to literary style or any other writing convention in *Found's* rain of ephemera, which only increases its charm. Not that all the messages are charming. A letter recovered from Ann Arbor, Michigan, presumably meant for someone's roommate reads: "Hi Evelyn, I have a problem. There was a jug of water that I seem to have left in the kitchen partially full. It was a

photo by Geoff Olson

dented one-gallon jug that said Poland Spring. However it did not contain “Natural Spring Water” – it contained contaminated water from Bhopal, India, one of the most contaminated sites on the planet.” What starts like a bad joke ends on a disturbing note, with the roommate claiming she is the founder and coordinator of Students for Bhopal. The absence of the jug of water, meant for laboratory study, has-made its owner’s job more difficult – and may have put Evelyn’s health in danger.

With their scribbled labours preserved like flies in amber, the anonymous authors are held up to the world with all their foibles, fears and follies, and their humanity exposed like a raw wound. A hardcover compilation of *Found* features several pages from a notebook recovered from the streets of Austin, detailing a young chef’s ongoing struggle with drug addiction. Recipe lists alternate with the misery of trying to stay off heroin for one more day.

The magazine appears to have a large fan base and readership; issue seven contains found letters sent in by actor Steve Buschemi and writer Jonathan Lethem. Once a year, *Found Magazine’s* founders tour across the US, reading their finds and performing songs based on their discoveries, to great public response.

The sublime: PostSecret

“I steal small things from my friends to keep memories of how much I love them.” – Anonymous postcard sent to PostSecret

The most critically acclaimed and commercially successful effort to publicize anonymous messages is Frank Warren’s PostSecret, which began life as a community art project in Chicago in 2004. “In November 2004, I printed 3,000 postcards inviting people to share

rant.... but I would die to protect it,” proclaims another.

Many of the cards express senders’ fears that their lives are being misspent or wasted, especially on the job. “I can’t deduce if I’ve stayed in the same job for ten years because of loyalty, stupidity, laziness or fear,” reads one card. But some postcards defiantly proclaim the senders’ small acts of curriculum vitality. “By day I work in public relations for a hospital... by night I’m a graffiti artist,” reads another. “I give decaf to customers who are RUDE to me!” one sender wrote on a paper Starbucks cup successfully posted to Warren.

Not surprisingly, a number of senders own up to their unusual sexual fantasies. “It really bothers me to admit this. It freaks me out. I am not a bigot! I love people, I am a good person. But I think Hitler was sexy.” Or how about this head-scratcher: “I masturbate to pictures of Civil War soldiers.” There’s never a problem with too much information with PostSecret – the extraordinary confessions are brief and it’s up to the reader to imagine any details in the anonymous sender’s lives.

Occasional despair is balanced with confessions of hopefulness and moments of grace. “I’m a Christian who is falling in love with someone who doesn’t believe in God... I think it’s a beautiful love story,” confesses one postcard writer.

“I found this inside a magazine on an airplane. As soon as I arrived home, I took the ring I’ve had in my pocket for two years and proposed to my girlfriend. She said yes.” (The found note, written in another stranger’s hand, is pasted next to the text.) “This is your moment. The right time is NOW.”

Many of these messages reveal the weight many carry in their anonymous hearts. Warren received one message written on a death certificate: “I never kissed my son after he was born because he was sick and I was

ries and stow them away in his cave where they will remain forever allowing you to move on with your life. Give him an ex’s clothes, old photos, mementos, letters, etc. Death Bear is here to assist you in your time of tragedy, heartbreak, and loss. Let Death Bear help you and absorb your pain into his cave. – From Death Bear’s website.

“Death Bear” is the brainchild of 35-year-old performance artist and New Yorker Nate Hill. When he isn’t supporting himself with odd jobs, the soft-spoken Hill dons a black uniform and a large bear mask and heads off to recover items from people who contact him by cell phone or through his website.

According to a recent article in the *Los Angeles Times*, Death Bear offers to ritually remove unwanted tokens of memory. The article follows the black-clad figure on his missions of mercy, as he relieves strangers of *memento mori* that are “too tortuous to keep but impossible to discard.” He has had calls for love letters, postcards, underwear, photos – and all the oddments of memory that might haunt someone in pain. Death Bear performs his service for free in the Brooklyn area, carrying off the discards in a black canvas backpack to dispense later at his “cave” in a Northeastern section of Central Park. “It absorbs things like a black hole,” Hill told the *Times*.

Valentine’s Day weekend was jammed for Death Bear, according to the story. One man gave Death Bear a photo of himself and his ex-girlfriend on a beach, adding that they served in the army together. The man also gave over his military dog tags and a single bullet. Was the woman shot in war? Did she kill herself? Death Bear doesn’t ask for reasons or explanations; like the silent ferryman on the River Styx, he is there to help carry souls across a dark passage.

CODA

Found Magazine and PostSecret showcase private, personal messages and reinvest them with meaning in the process. Their efforts seem almost like a small-scale revolt against the information age, a time when handwritten letters are in decline. By rescuing this cursive material from oblivion, these archivists make a small strike for historically useless, but humanly important, documents. It’s because they’re such modest, disposable things that we sense our shared humanity through these messages. Death Bear reverses the figures in the equation, by retrieving the stuff of memory from strangers in pain and disposing of it in his “black hole” of a cave. The Found Festival performs a more modest service, by allowing us to sit back and laugh at ourselves – or at least those among us who once had a video camera and a bad idea.

Recently, my wife and I watched Volume 2 of the Found Footage Festival, giggling helplessly at an encore of the world’s angriest RV salesman, who descends into meaningless gibberish after forgetting his lines. “Abal-aba!” Phhhht! “Ferns and docks!!”

“We’re a strange species,” I said to my wife in wonderment, as Jack Rebney shooed flies from an RV grill while speaking in tongues. “We sure are,” she agreed.

www.geoffolson.com

Found Festival online: www.foundfootagefest.com

Found Magazine: in stores and at

www.foundmagazine.com

PostSecret: <http://postsecret.blogspot.com/>

Frank Warren’s mailing address: PostSecret, 13345 Copper Ridge Rd, Germantown, MD 20874-3454

Death Bear: www.natehillisnuts.com

With their scribbled labours preserved like flies in amber, the anonymous authors are held up to the world with all their foibles, fears and follies, and their humanity exposed like a raw wound.

a secret with me: something that was true, something they had never told anyone. I handed out these cards at subway stations, I left them in art galleries, and I slipped them between the pages of library books. Then slowly, secrets began to find their way to my mailbox,” he writes in the preface to one of his PostSecret compendiums. To date, he has received more than 400,000 postcards from all around the world.

Warren got a bigger mailbox to deal with his growing submissions and launched a blog, PostSecret.com, which now gets over a million hits a week. Shortly afterward, HarperCollins publishing came calling and released a series of luminous books that are astounding documents of human frailty, fear and hopefulness. What Warren began as a “lark, even a prank,” has turned into a global phenomenon.

PostSecret exposes “the common landscape of our private lives – from our embarrassing desires to our hidden acts of kindness; from the private prayers of atheists to the voiceless doubt of believers,” observes Warren.

He requests senders to think of the postcards as their canvas, resulting in some surprising creativity. “I wish I could be someone’s hero,” scribbles one sender over a forlorn picture of lifevests on a dock. “The hands I was afraid of when I was a kid now are just part of a frail, lonely, sad man,” reads another, attached to a picture of weathered hands. “Our nation is spoiled, corrupt, igno-

scared. He died two hours later.” These secrets have more force when you realize they are likely unknown to anyone but the anonymous sender and the strangers reading them. This creates a powerful, empathetic resonance with people you only know through their greatest secret. If only for that reason alone, Warren’s PostSecret project is art in the deepest sense.

Like the minds behind the Found Footage Festival and *Found*, Warren regularly tours North America giving presentations of PostSecret material, often leaving audience members in tears. “I like to believe that whenever a painful secret ends its trip to my mailbox, a much longer personal journey of healing is beginning for all of us,” writes Warren, a man sometimes called “the most trusted stranger in America.”

The ridiculously sublime: Death Bear

We all have someone or something we would rather just forget. Things fall apart. Love hurts. Dreams die. But when you summon Death Bear to your door, you can rest assured that help has come. At first you may be intimidated by his stature and colour (7 feet tall with a hard, black bear head, black jumpsuit and black boots), but absorbing the memories of others is a dark art, and Death Bear must present himself appropriately for this solemn duty. Death Bear will take things from you that trigger painful memo-

A letter to all British Columbians

DEMOCRACY NOW

by Bill Vander Zalm

What began as a simple tax protest has turned into an outright demand for democracy from an increasingly out of touch and dictatorial government in Victoria.

Our petition has exploded onto the scene in BC, with tens of thousands of signatures in just the first two weeks. We have already met or exceeded our targets in a number of ridings around BC, but people continue to sign in an effort to send a bigger and bigger message to government:

"We want democracy! We want to be heard! We want the politicians we elect to serve us, not the other way around!"

Much of this movement is a reaction to the unbelievably arrogant and intractable statements by the premier and many of his MLAs. News 1130 Radio on April 15 reported the following statement by the premier: **Premier Gordon**

Campbell says it doesn't matter how many signatures the "No" forces gather. "The HST has been done. We are moving forward with it..."

It doesn't matter how many citizens sign the petition? It doesn't matter how many people oppose his policy? It doesn't matter how many voters reject the direction of his government? They are going to do it anyway?

Does that sound like the Canada we all once knew? Does that sound like the freedom and democracy our ancestors fought and died for in two successive world wars? What is the point of electing MLAs to represent our wishes in Victoria if all they do is represent Victoria's wishes to us instead?

I want to encourage everyone who cares about democracy in BC to sign our petition. We had originally hoped to get 15% of registered voters' signatures (more than the 10% required) in every

riding to ensure victory. But now, many are saying they want to go even higher to send the government a message.

From Nanaimo to Kelowna, to Kiti-mat and Courtenay, to Williams Lake and White Rock, to Salmon Arm and Cranbrook, and all points in between, people are signing in droves. In the North Peace, they have already signed 30% of the registered voters there. ***That is more people than actually voted for the government in the last election!***

The Citizen Initiative petition is the greatest tool we have ever had to hold the government's feet to the fire. It is the greatest chance we have ever had to tell the politicians that BC and Canada is a government of and for the people, not a country of people of and for the government.

BC is the only province in Canada with Initiative and Recall legislation. Nowhere else can citizens mobilize to

oppose their government. When the law was written, it was designed not to work. But that was back in 1992, before anyone could anticipate the rise of the Internet and social media. This time, we have the means to have it work, the enthusiasm to see it work, and the people to make it work!

Keep signing the petition. Let's get as many signatures as we can. And please remember to volunteer. If everyone does a little, no one needs to do a lot.

Let's send the government a message they will never forget!

To sign the petition or to volunteer as a canvasser, please go to the Fight HST web site where you will find postings on petition gathering sites for each town/region of the province, as well as the forms needed to volunteer. www.fighthst.com. If you don't have a computer, your local library can help.

The HST will cost everyone more: students, workers, pensioners, young, old and YOU

Check off everything that effects you and write beside it your weekly/monthly yearly cost for those items – then multiply by 7% MORE to see your total HST tax hit!

- ☐ Restaurant meals
- ☐ Cable TV
- ☐ New Homes(some rebatesapplicable)
- ☐ Non-prescription meds
- ☐ Telephone
- ☐ Computer servicing
- ☐ Propane / Natural gas
- ☐ Hockey tickets
- ☐ Some groceries
- ☐ Hair cuts
- ☐ Used cars / trucks
- ☐ Membership fees
- ☐ Movies / Theatre
- ☐ Financial Services
- ☐ Bus fares
- ☐ Magazines/ newspapers
- ☐ Rentals / Strata fees(indirectly affected)
- ☐ Taxi fares

- ☐ Spa services
- ☐ Resort packages
- ☐ Parking
- ☐ Coffee shops
- ☐ Fast food - Beverages
- ☐ Dry cleaning
- ☐ Appliance repair & maintenance
- ☐ Vitamins
- ☐ Dietary supplements
- ☐ School supplies
- ☐ Photography
- ☐ Home maintenance
- ☐ Health equipment
- ☐ Consulting services
- ☐ Storage lockers
- ☐ Moorage
- ☐ Campgrounds
- ☐ RV parks
- ☐ Condo management fees
- ☐ Fishing charters
- ☐ Compost

- ☐ Massage therapy
- ☐ Skiing
- ☐ Home renovations
- ☐ Painting
- ☐ Real estate fees
- ☐ Bicycles
- ☐ Accounting
- ☐ Architects
- ☐ Legal fees
- ☐ Concert Tickets
- ☐ Funeral services
- ☐ Chinese medicine
- ☐ Marketing services
- ☐ Safety equipment
- ☐ Helmets
- ☐ Life jackets
- ☐ First aid kits
- ☐ Smoke detectors
- ☐ Fire extinguishers
- ☐ Energy equipment
- ☐ Insulation

- ☐ Airline tickets
- ☐ Golf fees
- ☐ Music lessons
- ☐ Insurance
- ☐ Naturopathy
- ☐ Reflexology
- ☐ Veterinarian
- ☐ Admission Fees
- ☐ Solar power
- ☐ Attractions/ Events

List is a guide only, and is subject to change depending on what the Liberals decide to do.

www.fightHST.com



HST just another heist

by Bill Woollam

A newspaper columnist recently mentioned “the way the government brought the HST in, leaves more than a little to be desired.” Yes, that method has ‘hopelessly poisoned the well.’

He also mentioned there is an “apparent widely held prejudice against business and industry.” He stated that the majority of people earn their incomes and benefit from the taxes which big business contributes. However, that is where the truth becomes a little hazy in my view.

Firstly, it is the corruption and greed due to deregulation, out-sourcing of labour and the avoidance of tax contributions that have concerned citizens wary of big business today.

Presently, a multi-national oil corporation (Imperial Oil) is lobbying the federal government to drop the requirement for secondary, safety-drill-shafts in oil-extraction projects in the Beaufort Sea. These secondary safety shafts provide pressure relief in case of any oil ‘blowout’ and are considered vital in the Gulf of Mexico projects, yet, due to costs, are now undesirable in the Canadian north.

Similarly, when the BC provincial government out-sourced the building of a BC ferryboat to Germany, we sent the \$500 million expenditure out of province and put our own shipyard workers on unemployment insurance. The tax-paying public lost out on the benefits of in-province recirculation of almost three quarters of a billion dollars. Instead, we have public school and elderly care-home closures.

Over the last 10 years, we have witnessed the lies

and falsified evidence used to take Canadians into two illegal wars in the Mid-East – wars that seem to benefit no one except the military/industrial complex and the contractors who feast off the billion dollar rebuilding contracts.

The World Health Organization is presently answering for its insidious activities concerning the ‘bogus’ flu pandemic. This alleged independent organization, by making changes to the term “pandemic,” allowed pharmaceutical companies to bilk the tax-paying public across the Western world out of billions of dollars for an unnecessary and untested vaccination program. BC is sitting on \$20 million worth of unused and unnecessary swine flu vaccine. Note: Those vaccinated for seasonal flu are more susceptible to the swine flu.

And lest we forget the revolving door of Monsanto executives and Food and Drug Administrative positions, where government and industry are so intertwined that the genetic seed and herbicide industry is wreaking havoc on Canadian and American crops that were once uncontaminated. The genetically manipulated seeds don’t produce well without the expense of the additional products. What a nice business arrangement.

Regarding the issue of corporate taxation, free trade has been nothing but a free ride for corporations to avoid paying domestic taxes and domestic labour costs, i.e.: eliminating the working class of Canada by producing the cars, lumber, ships, furniture and appliances all outside of Canada. Free trade seems more like a corporate give-away, where the expense of health, safety and

environmental standards can be avoided by setting up in Mexico or China.

Here on Vancouver Island, we have witnessed the international Catalyst pulp/paper giant refusing to pay its local taxes. Also, due to the American protectionist tariff charges at the BC/US border, BC is left without a lumber mill industry. Now, we are left shipping out raw logs to American and offshore plants to be processed.

Due to unregulated and known corrupt banking practices, the banking cabal has bilked the taxpayers of billions more for bailouts, while banking corporate executives have maintained their multi-million dollar bonus plans.

These corporations have no intention of paying fair wages to the Canadian or American working class and intend to pay little in local/domestic taxes. It all comes under the guise of ‘being competitive on the global market.’ My response to all this corporate pandering is to ask what good is a cheaper car or truck made offshore when there is no local employment to pay for the ‘free-trade’ product?

Is it not understandable how Canadian healthcare and education services have become underfunded when government collects increasingly less taxes from the corporate sector? Even in America the IRS collected no income tax from the likes of Exxon and General Electric.

The HST will not result in any reduction in costs to the consumers by the manufacturers; those tax savings will be kept by big business.

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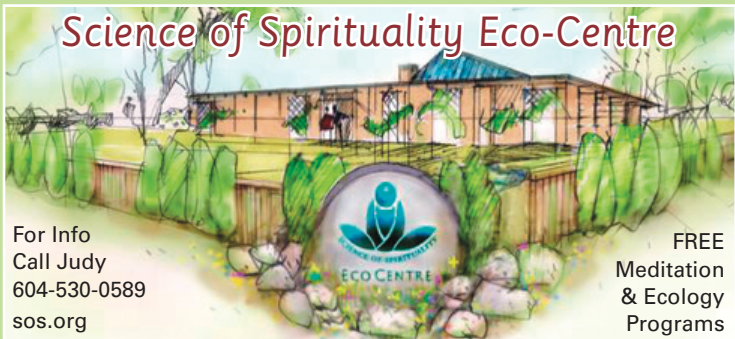
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Whose digital revolution is it?

INDEPENDENT MEDIA Steve Anderson

IT'S NOT a question of whether or not we can have a digital media revolution; the question is what kind of revolution do we want to have? The signs of a media system in transition are everywhere, both in our use of media and in media policy. Canadians now spend more time online than in front of the TV; the government has collapsed the Canadian Television Fund and the Canadian New Media Fund into one \$350 million dollar "Canadian Media Fund" with a focus on content for "multiple platforms" and government is about to embark on a national consultation concerning Canada's digital strategy.

The question becomes do we want a media revolution where the same big media and telecom giants re-establish and expand their control or do we want a media revolution that provides new opportunities for Canadian media makers and consumers – a media revolution that produces platforms for arts and culture, innovation, sharing, dialogue and debate and community building?

Real engagement is a must

The good news is there are ample opportunities for Canadians to get involved in the transformation of media. If together we engage at the right moments, we can work with policy makers and politicians to guarantee a new media ecology that is *by* us and *for* us.

The current challenge is the government is not openly inviting us into its forthcoming key and historic media policy decision-making process. For example, the Canadian Media Fund is currently undergoing a consultation process with industry to define its priorities. From what I've heard, much of the independent media world isn't being invited to contribute to this process. Most importantly, the industry consultation neglects citizens who will contribute \$134.7 million per year to the fund. Shouldn't we have a role in deciding how the money is spent?

"Big Media" like CTV, Canwest and Rogers/Citytv, on the other hand, have guaranteed "envelopes" of millions of dollars each.

Digital strategy for whom?

As I've previously written, the process of digital strategy policy formation presents us with a key point of engagement for the advancement of Canadian culture, innovation and social justice. Last month, Industry Minister Tony

Clement announced a national consultation on Canada's impending "digital economy strategy." The policies that come out of that consultation should address issues like broadband access, Internet Openness (Net Neutrality), support for Canadian culture, media and telecommunications ownership and mobile Internet/phone access, cost, competition and openness.

In 2009, Prime Minister Stephen Harper and Industry Minister Tony Clement had a series of closed-door meetings with representatives from the Information Technology Association of Canada (ITAC). ITAC is Canada's most powerful lobby group for the Information and Communications Technology (ICT) sector. Between January and November 2009, ITAC reported 21 meetings with top federal officials and cabinet ministers involved in developing national digital strategy policies.

The government also plans to set up an advisory committee to interpret input from the public consultation. This makes sense, but the advisory panel must be comprised predominantly of representatives from industry watchdogs, consumer groups and the public interest community in general – those who represent Canadians with regard to media, culture and telecommunications issues. To date, it has been clear that the telecom and broadcasting industries have not prioritized the interests of Canadians; it is, therefore, imperative that this advisory committee does not turn into yet another way to insulate the industry from democratic will and change.

I have requested a meeting with Tony Clement and hope to speak with him on behalf of Internet users and Canadian citizens concerning media, culture and telecommunication issues. If the government can make time for 21 meetings with ITAC, as well as other industry groups, I think Clement can find time for one more meeting with someone who actually has the best interests of everyday Canadians and Internet users at heart.

It can be a private meeting if that's what Clement would like, but I'd prefer to leave the door open.

Steve Anderson is the national coordinator for OpenMedia.ca. He has written for The Tyee, Toronto Star, Epoch Times and Adbusters.
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Dancing out of China

CULTURE

FILMS WORTH WATCHING Robert Alstead



Mao's Last Dancer, is the story of top Chinese ballet dancer Li Cunxin who defected to the US in 1981.

ONE OF THE trickiest aspects of creating drama about a celebrated artist's life is finding an actor who can convey both the emotional life and the talent of that artist. It takes both an accomplished actor to present a convincing face for the artist and an excellent artist to convey the talent.

In this respect, Aussie director Bruce Beresford (*Breaker Morant*, *Driving Miss Daisy*) has got it right in *Mao's Last Dancer*, a feel-good tear-jerker based on the autobiography of top Chinese ballet dancer Li Cunxin who defected to the US in 1981.

The non-linear story follows Li through three stages of his life: plucked as a boy from his peasant village home in the People's Republic in the seventies, enduring the hardships and rigours of elite training at the Beijing Ballet School and his growing sense of the artistic constraints of communist rule when studying with the Houston Ballet.

The dancing is fantastic. Chi Cao, principal dancer at the Birmingham Royal Ballet, displays an awe-inspiring physical grace in the lead part as the elder Li Cunxin and the set-piece ballet numbers – thankfully, there are many – are the strongest parts of the film.

Cao's performance, however, falls a little flat in some of the emotionally demanding, non-dance scenes, such as when he talks about his motivations for defecting and the implications for his family. But he does it well enough and he's good with the script's initial fish-out-of-water humour on arriving in Houston.

Jan Sardi's script allows supporting characters to add depth to the central character, particularly Bruce Greenwood as the amiable director of the Houston Ballet. There are also memorable turns by Kyle MacLachlan as an immigration lawyer and Joan Chen as his feisty mum.

Shot in China, the film has an authenticity to its location, although the gentle

mocking of communist naïveté about the malevolent West is nothing that would upset contemporary Chinese censors. A tad rose-tinted, but still enjoyable.

Vancouver's documentary festival DOXA marks its 10th anniversary this month. Organized by the non-profit group Documentary Media Society, the festival screens mainly at Vancity Theatre and Pacific Cinémathèque, May 7 to 16.

Not surprising, given the medium, this year's line-up of 50 plus films has a strong activist flavour. The opener *Terra Madre* (*Mother Earth*), by septuagenarian Ermanno Olmi, draws on a series of conferences held by the slow food movement in Turin, Italy, in 2006 and 2008. It is described as "a poem to beauty, food and the slow passage of time."

Meanwhile, the closing film *Saint Misbehavin': The Wavy Gravy Movie* profiles Wavy Gravy, who famously promised 400,000 people "breakfast in bed" at the Woodstock Festival and who has been described as "the illegitimate son of Harpo Marx and Mother Theresa, conceived one starry night on a spiritual whoopie cushion."

The line-up of films reveals plenty of variety, from a look at the high-pressure job of regulating European soccer matches in *The Referees* (13th, 6pm, PC) to an update on activists affected by the 1985 sinking of Greenpeace's flagship by the French Secret Service in *The Rainbow Warriors of Waiheke Island* (9th, 9pm, VT).

There's also the quirky-sounding *The Mirror* (14th, 6:30pm, VT), which follows a bizarre attempt to throw light on a town stuck in a dark alpine valley, using a huge mirror.

No Fun City, one of 14 feature-length Canadian documentaries at DOXA, depicts tensions in a gentrifying Vancouver between musicians who want to play their instruments loud and condo owners. (10th, 9pm, PC)

For those interested in the process of making documentaries, Rivers and Tides director Thomas Riedelsheimer, who holds a teaching residency at Emily Carr, gives a free talk (13th, 3pm, PC). More info at www.doxafestival.ca

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com. He writes at www.2020Vancouver.com

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FRIDAY, MAY 7 ■ 7:30 PM ■ Granville 7 Theatre – 855 Granville Street

OPENING NIGHT PARTY: 9:30 PM ■ Harrison Galleries – 901 Homer Street

Tickets and more information: www.doxafestival.ca

Datebook

Clearmind International Institute

- Lecture Series -
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MAY 1-7

Celebrate "Herb Week" in BC. Local herbalists visit malls, health food stores, libraries and other public places to educate people about the healing power of plants. www.chaofbc.ca

MAY 7-16

DOXA Documentary Film Festival in Vancouver. Opening night Terra Madre. Tickets/info www.doxafestival.ca

MAY 8

Shamanic Drumming & Dreaming Circle: Sat., 7-10pm. 'Dreamtime Journeywork' for insight/healing with your Nature Spirit guardians. Vancouver Multi-Cultural Society, 1254, W. 7th. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

MAY 14

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7:30 pm, \$10; Course \$350. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

MAY 15

The Spirit of Aloha Workshop: Saturday May 15. Katie 778-397-2924, www.hawaiianhuna.com

MAY 16

J. Krishnamurti - Discussion with Students. DVD & Dialogue Series 3PM. Planetarium. \$5. 604-734-7774.

MAY 21-23

Satsang retreat with advaita teacher Mooji live on skype and with DVDs of his recent India retreat; www.swanwickcentre.ca /250-744-3354 (Victoria).

MAY 22

Have You Had a Spiritual Experience? Free workshop, 12:30-4:30pm, UBC, Student Union Ballroom, 604-878-3371. www.haveaspiritualexperience-bc.ca

MAY 22

NOMAD with Shine Edgar, Michael Waters, Kinobe & Gina Sala. 8PM, Trinity United Church, 1805 Larch St., Vancouver. Tickets \$20/door. www.ladybirdmusic.com

MAY 26

Maitreya, the World Teacher, inspires peace, justice, sharing. Free video presentation, discussion and meditation. 7pm at SPEC, 2150 Maple, Vancouver. www.TaraCanada.org

MAY 26

Longing for a Better World? Free video



Bill Vander Zalm's HST Freedom 50 Volunteer Canvasser Drive

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Authorized by Bill Vander Zalm, Financial Agent c/o Fight HST, 370 East Broadway
P.O. Box 95023, Vancouver, BC V5T 4T8
FOR MORE INFORMATION CONTACT: info@fightHST.com

Fight HST has received approval from Elections BC for a Citizen Initiative Petition to repeal the HST.

The petition concludes July 5.

presentation, discussion & meditation on Maitreya. 7PM at SPEC, 2150 Maple St., Vancouver.

MAY 26 & 27

"Fill Your Workshops... with EASE!" Join Callan Rush for a 3-hour workshop. Pre-register now for FREE tickets. Call Sue 604-568-3543.

MAY 27

Meditation for Planetary Peace on the Full Moon, Thursday, May 27th at 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

MAY 27 & May 29

Public lecture by Duane Elgin: May 27, Canadian Memorial United Church, 15th/Burrard, Vancouver. Tickets \$15, \$13/students & seniors. Victoria Workshop: May 29, Visioning a Promising Life, 9:30-5PM. For both events: 250-220-4601.

May 28-30

Loving What Is: The Work of Byron Katie: UBC Robson Square, \$280 Early Bird (May 12). Presented by Tania Fierro. www.innerland.ca or 778-319-7827.

MAY 30

Adam DreamHealer Intention Heals Workshop: Sheraton Wall Centre, Vancouver. Experience Self-Empowerment as Adam orchestrates unique group healing sessions. Register online at www.dreamhealer.com

MAY 30

Academy of International Dance Arts Spring Recital, 7PM, Norman Rothstein Theatre, Vancouver. \$20. Guest artist Arassay Reyes "So You Think You Can Dance Canada." Tickets/info about classes: 604-327-9313.

JUN 4

Deepak Chopra NEW TALK FOR 2010: Friday, June 4th, Queen Elizabeth Theatre. Cutting edge awareness material & "the forgotten miracle." Tickets www.ticketmaster.ca

JUN 4

Free Lecture: The teachings of Paramahansa Yogananda - Kriya Yoga, 7PM, Century Plaza, 1015 Burrard. Info: 604-876-8972 or 604-941-6566. www.VancouverMeditationGroup.org

JUN 11-13

Acutonics® Level 1: Sound Gates to Meridian Harmonics. Learn sound healing using tuning forks at this introductory workshop. For more information call Eastern Currents at 604-263-5042 or visit www.easterncurrents.ca/seminars

JUN 11-13

"Sexual Mythologies" A workshop for women and men, Vancouver. Discover your natural archetypal lover, enhance intimacy, reignite your erogenous zones. Info: Institute of Shamanic Medicine, 1-877-329-8668 or email info@shamanicmedicine.ca www.shamanicmedicine.ca

JUN 13

An Evening with Shirley MacLaine, Sun. Jun. 13, 7PM, Benaroya Hall, 200 University Avenue, Seattle. Tickets: \$50/\$85. Tickets available through Benaroya Hall Box Office 206-215-4747 or at www.bellaspark.com

JUN 19-20

2-Day Reflexology Workshop with Dwight Byers: in Langley. Register by May 19 with Deborah Dowker, 250-890-3668 or deborahdowker@reflexology-usa.net

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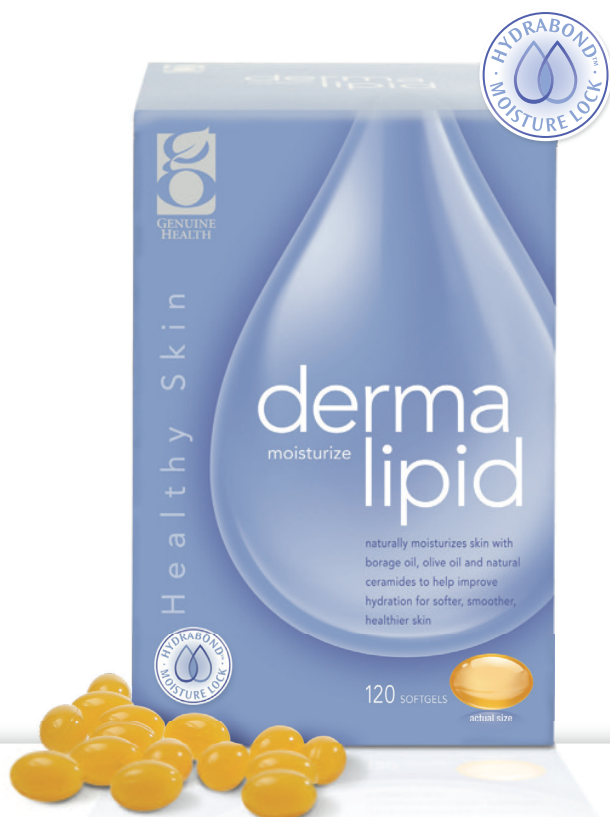
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SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph St (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.co

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6–10pm. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

WEDNESDAYS

Align yourself with the positive energies of the universe. Every Wednesday 7pm, YWCA, Room 411, 535 Hornby St. 604-317-2747 www.santmat.net Always Free.

You are Beautifully Divine! Weekly events Wednesdays 7-9:30PM with Ascended Masters Akasha & Asun. Next workshop May 14-16. 604-267-0985. www.akashaonline.com

FRIDAYS

Give Peace a Chant! Energize yourself with yoga of KIRTAN, Sanskrit call & response yoga chanting, Vedic mantra meditation and Patanjali's Yoga Sutras. No experience necessary. 7:45pm, \$10-\$20 donation, 2111 W. 16th Ave @ Arbutus, www.givepeaceachant.org

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

ONGOING

May 2, 8 & 15 RELAX - REVITALIZE
—**RECHARGE:** Dru Yoga workshop in White Rock, Vancouver & Duncan with international Dru teacher. Information druevents@shaw.ca 604 936 3255.

May 5 & 12 Dru Yoga weekly classes with international Dru teacher. Labyrinth, 1130 Jervis St., Vancouver. 7-9pm \$18 druevents@shaw.ca 604 936 3255.

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HOLISTIC HEALTH STUDIES AT Langara College. Explore new paths to wellness. Info sessions at 100 West 49th, 7-8:30PM. For info visit www.langara.bc.ca or call 604-323-5686.

CREATE A HEALTHY LIVING: Explore healthy careers and upcoming courses in Vancouver at www.HealingHandsTraining.com

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RUSTIC RETREAT in beautiful Crescent Beach, BC. Accommodations for 24-120. Meeting space, special events, workshops etc. www.alexhouse.net or (604) 535-0015.

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

SWANWICK CENTRE, Victoria. A beautiful space for spiritual inquiry and self-discovery, transformative and inspiring teachings, retreats and dialogues. www.swanwickcentre.ca / 250-744-3354.

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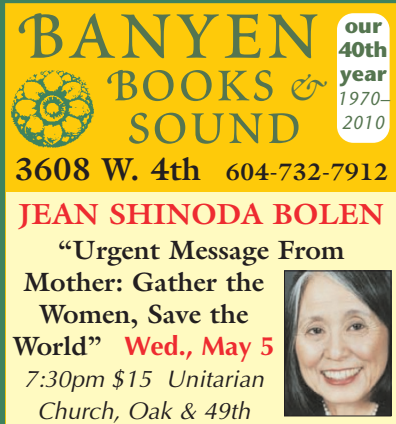
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Sunday Talk Series 11:30am-1pm

Sound Meditation May 2

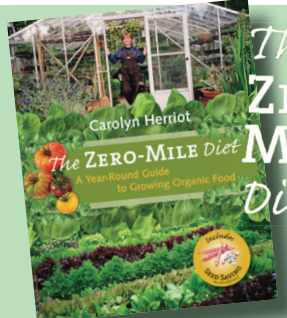
Akashic Records? May 9 Kirtan & Mantra May 16 Circles May 23 Walking Meditation May 30

Talks/Booksignings at Banyen

- **Christina Baldwin & Anne Linnea** *The Circle Way* May 10
- **Donalee Saul** *Did You Know I Would Miss You?* May 13
- **Cecile Anderson** *Less is More* May 20
- **Kurt Hoelting** *The Circumference of Home* May 27

Plus...Marc Barasch *The Compassionate Life* **May 25** 7pm Free Van. Library, 350 W. Georgia

Full events info @ banyen.com



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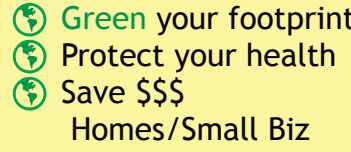
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On Track Zodiac



MAY 2010 Adrien Dilon



ARIES (Mar 21 – Apr 19)

It would be best for you to support a strong, self-fulfilling understanding that feeds and sustains you. In that light, you will become more powerfully influential. Your 'word' is a barometer for integrity and instilling confidence.



TAURUS (Apr 20 – May 21)

Try to be conscious of what motivates your responses now. The more you are in touch with yourself, the better prepared you will be for any sudden occurrences or arguments. Irritability could be pronounced in your daily mindset even though creative energy abounds.



GEMINI (May 22 – Jun 20)

One wouldn't enter a courtroom without a plan; the same can be said about your life. Clarity of intention and flexibility are necessary. There will be many forks in the road and choices to be made at a time when you feel ill equipped, but you will muster every possible strength.



CANCER (Jun 21 – Jul 22)

You may have been undergoing an intense thirst for knowledge causing you to proceed without caution. Perhaps take the time needed to digest much input and put into practice what you have learned in a timely manner.



LEO (Jul 23 – Aug 22)

You need not feel guilty because lately you prefer to work rather than socialize. You have a strong work ethic and will attract ways to manifest profit and success. The father figure or maternal side of your nature is piqued and you could feel the need to provide for others as well.



VIRGO (Aug 23 – Sep 22)

What does it mean to be fully present? Living in the moment can have the most incredible effect on your well-being. If you find your emotions are spinning you into overwhelm, discover a new level of feeling refreshed from the power within.



LIBRA (Sep 23 – Oct 22)

Anyone having the slightest hold over you spiritually or physically will soon find themselves out of your life. At this time, you wish to be your own boss and will not tolerate anything or anyone constricting your freedom of expression. You will ride with the wild horses of liberation.



SCORPIO (Oct 23 – Nov 21)

You are tuned in and aware of other people's emotions, much like an all-encompassing sponge. Their presence makes a big impact on you, however, you will come into more of a neutral zone with regard to your emotions. This happens to be a torrid time.



SAGITTARIUS (Nov 22 – Dec 21)

You have a chance to see a totally new perspective, a new angle. Something turned on its head that is now visible offers fresh enlightenment. Able to see things in their simple truth, you can move forward, breathe a sigh of relief and get in the game.



CAPRICORN (Dec 22 – Jan 19)

If you consider your financial position to be congruent with your personal worth, are you then what you have? Your beliefs may undergo a shake-up and feeling worthy and deserving will bring you inner peace about your merit. Hold on to your hat and pursue your quest for balance.



AQUARIUS (Jan 20 – Feb 19)

You may feel more of a desire for transience and be less encouraged to accumulate things. Perhaps, unwilling to burden yourself with possessions or even the need for a plan, you might make the lofty choice to experience more from life.



PISCES (Feb 20 – Mar 20)

Attractions to others might prove illusive at best. Help may be needed to bridge an inner craving or a desperate plea to connect with a kindred soul. To settle for less than what you intend may not benefit you in the long run. Allow your voice to be heard and understood.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing. adrien.dilon@gmail.com.